

*INFORMATION ABOUT THE **POWERSLIDE®***

The Powerslide® Needs Assembly

There are two ramps that are enclosed with your Powerslide®. These must be assembled to the Powerslide® in order for the apparatus to work properly. Both ramps have posts with knobs. Remove the knobs. The fixed end has two holes that match the posts on the ramp. Assemble the ramp to the underside of the fixed end, with the posts protruding through the fixed end. Screw the knobs back onto the posts, tightening until they are snug. The adjustable end is assembled in the same manner. The slide surface is fed between the adjustable end and the ramp, and the adjustable knobs are then tightened. **Caution: Do not use the Powerslide® without the ramps attached.**

If the Powerslide® Gets Scuffed or Dirty

Wearing clean booties and storing the Powerslide® are the best ways to preserve the natural slide of the unit. However, if the sliding surface needs to be cleaned, a mild detergent can be used. If liquid floor or furniture wax is used to clean the Powerslide, it can make the surface of the board much more slippery. **Be aware of speed change that can lead to injury.**

What To Do If The Powerslide® Doesn't Lay Flat

The unit has a "memory" to lay flat on the floor. If it doesn't lay flat, roll it up in the opposite direction and then unroll it. This should restore the "memory". Do not leave the unit in extreme heat or cold. It is best to keep it at room temperature.

USING THE POWERSLIDE®

Technique

To maximize the results of working out with the Powerslide®, you must train with the proper posture and technique. The head must be up, shoulders and hips parallel to the Powerslide®. Upper body should be slightly forward, bending at the hips at 45 degrees. The knees should be bent at a 90 degree angle to push off of the end of the Powerslide®. On the push off, both feet should be together and underneath the body. The 'athlete' attempts to approximate a full extension with the thrusting leg at the end of the push. Upon reaching the other end, the 'athlete' returns his/her feet under the body, and repeats the motion in the opposite direction.

The Powerslide® is extremely slick. One must devote their full concentration, their technique, and their posture to the unit to avoid any unnecessary spills. Unlike skating, the slide leg is slightly outside the upper body. Return the slide leg as close to the unit as possible so that it will be in position to become the slide leg or glide leg.

Aerobic Capacity

In order to maximize your workout, you must be in good aerobic condition. There are many sources of information that can direct you to increase aerobic capacity.

Stretching

It is important to warm up by stretching the muscles in the legs and back before working out.

Balance And Rhythm

After becoming familiar with the balance required, the 'athlete' should be able to glide back and forth with no added movements.

Arm Placement

Arms should be held alongside the body and bent such as in running. Speed skaters can make adjustments related to their arm swings. Hockey players may hold a hockey stick to approximate their workout to their on-ice activity.

Incorrect Usage

Using improper mechanics can lead to bad habits. Start slowly and concentrate on proper techniques.

A Suggested Program For Use

After getting into aerobic condition and getting familiar through trial, you can start the following program. It is an anaerobic workout.

1. Four parts rest – one part work
20 seconds at full speed (with proper mechanics) followed by one minute and twenty (1:20) seconds of rest. Repeat this sequence ten (10) times for your workout.
2. Four parts rest – one part work
30 seconds at full speed (with proper mechanics) followed by two (2:00) minutes rest. Repeat this sequence ten (10) times for your workout.
3. Two parts rest – one part work
45 seconds at full speed (with proper mechanics) followed by ninety (:90) seconds of rest. Repeat this sequence ten (10) times for your workout.
4. One part rest – one part work (for advanced and world class athletes)
One minute at full speed (with proper mechanics) followed by one (1:00) minute of rest. Repeat this sequence fifteen (15) times for your workout.

Only progress from #1 on to #2 when you have mastered #1. You have mastered it when you feel that you have a reserve of energy, and you can progress to #2 using the proper mechanics. The same follows for #2 and #3.

Important: You can develop your own rest-to-work ratio program. The determining factor in any workout is quality of work. That is, completing the workout with proper mechanics and technique.

WARNING

Disclaimer Notice

The Powerslide® is not to be used as a toy. For safety purposes, a certified protective helmet, knee pads, and elbow pads must be worn at all times. Keep the unit in an open space, away from household furniture and sharp objects. It is recommended that the Powerslide® be used on a short pile, wall to wall carpet with a non skid coating. The Powerslide® must not be used on slippery surfaces, such as ice or waxed linoleum. The Powerslide® must not be used without the ramps. Tennis or basketball footwear should be used for cushioning impact while wearing Powerslide® booties. Do not use the Powerslide® unless you are in good aerobic condition (Consult a doctor). Do not modify, alter or change the Powerslide® in any way.

Athletic Innovation, Inc. assumes no responsibility or liability for any injuries incurred or resulting from the use of this product.