

Slide Pike



- Stand in front of a slide; the steeper the slide, the harder the workout
- Place a dry towel on the slide and stand with your feet about shoulder width apart, hands shoulder width apart and on the towel
- Start with your hips bent; try to keep your back straight during this workout, but a little bend isn't bad for this exercise
- Slide forward on the towel, extending your hips and pushing your arms forward
- Go as far as you can control, then tighten your abs and shoulders to pull your body back to the start position
- Don't go too far on this, it is very easy to overextend

- For best results, try to complete 3 sets of 8-12 repetitions

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
