

Slide and Fitball, Anyone?

It seems that there is a general perception that both the Slide and Fitball training programs are too hard for the general population but in reality, with the proper guidance, these two programs can be used effectively by sedentary people, fitness enthusiasts, recreational and professional athletes.

Slide Reebok™ Training Program

Most traditional conditioning systems concentrate on straight ahead or up and down moves like walking, cycling and stepping. Because conventional training typically de-emphasizes side to side or lateral movement, our joints and muscles are usually unprepared for the stresses involved with lateral movement. As a result, a large proportion of sports-related injuries to the knees, hips or ankles occur during this phase of motion.

Slide Reebok™ is the first comprehensive lateral training system, which offers a safe, low impact way to reduce the risk of these kinds of injuries. At the same time, it develops cardiovascular and muscular endurance, controls weight, improves balance and agility. Although side to side movement is most obvious in sports such as football and tennis, research has proven that even cyclist, runners and walkers, all of whom seem to be moving solely straight ahead and forwards, are also constantly making side to side demands on their musculoskeletal system.

Slide Reebok™ prepares the body for the demanding lateral moves and does so with minimal stress. That is why it is also used as a rehabilitative device. It strengthens the muscles, connective tissue and joints of the hip, knee and ankle without adding damaging impact to those injury-prone or recovering areas.

The Fitball Training™ Program

In the early 1970s, the ball was incorporated into therapeutic exercise programs by physical therapists in Switzerland. Now 20 years later, the ball is used by professional sports teams, world-class athletes, therapists, personal trainers, dancers, educators, fitness instructors and people looking for effective cross-training and exercise programs.

The simple act of sitting on the fitball, unconsciously activates your postural muscles in order to maintain balance. Just sitting on the ball is an exercise that not only strengthens your postural muscles, but also helps align your spine, increase alertness and enhance respiratory and digestive systems.

Bouncing on the ball helps align your spine and increases the endurance component of your postural muscles. Adding movements of the arms and legs while bouncing challenges balance and coordination, tones the abdominals, back, thighs, buttocks and arms - all while improving the cardiovascular system.

Due to the round surface of the ball, “cheating” by compensating with stronger muscles is difficult, as you will lose your balance, thus forcing the stabilizers and fixators of your body to work hard at maintaining balance. Working out with the Fitball™ will thus help to produce balanced muscles.



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Benefits of the Slide Reebok™ Training Program are:

- A great low-impact workout
- Strengthen & tone muscles
- Great for shaping inner, outer thighs & hips
- Improve balance, coordination & quickness
- Heighten postural awareness
- Muscle balancing & alignment
- Effective cross-training
- Increase stamina
- Improve overall well-being
- Challenging & unique



Benefits of the Fitball™ Training Program are:



- Dynamic exercised for the whole body
- A great low-impact workout
- Strengthen & tone muscles
- Safe & effective stretching
- Improve balance, coordination & quickness
- Heighten postural awareness
- Target core muscles
- Enhance respiratory & digestive systems
- Muscle balancing & alignment
- Effective cross-training
- Increase stamina
- Improve overall well-being
- Challenging & unique
- Fun for all ages & fitness levels

Sources:

1. Slide Reebok Professional Training Manual, Edition 1, Reebok University, ©Reebok International Ltd.
2. The Fitball Workout Book, ©1994 Fitball USA Inc.

