

SLIDE DRYLAND TRAINER

USAGE GUIDE

GETTING STARTED



Yellow
7MM (Lighter)



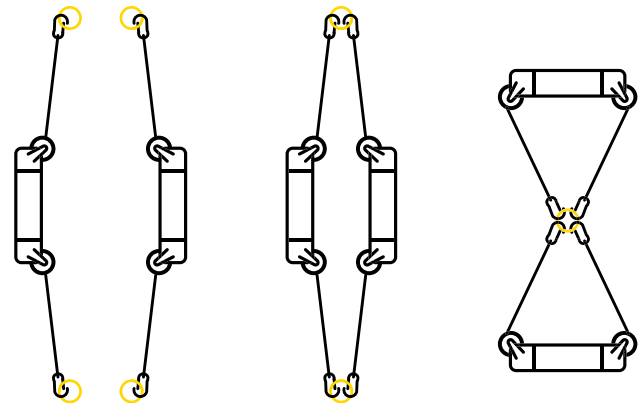
Red
9MM (Heavier)

DETAILS

The Slide Dryland Trainer is designed to provide swimmers with exercises that mimic the entire swim stroke cycle. The sliding, rotating handles provide consistent, even resistance that moves with you, not pulling you back to a single tension point like traditional cords.

SETUP

4 ANCHOR POINTS 2 ANCHOR POINTS 1 ANCHOR POINT



HOLD SLIDE WITH THUMBS UP HOLD SLIDE WITH THUMBS DOWN

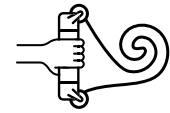


 SEE ALL THESE EXERCISES & MORE ON OUR YOUTUBE CHANNEL!
[Click here >](#)

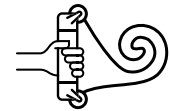
"SWIMULATE" ALL 4 STROKES



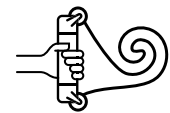
FREESTYLE



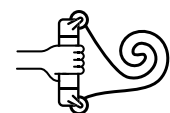
BACKSTROKE



BREASTROKE



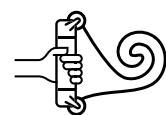
BUTTERFLY



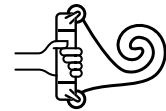
CORE WORKOUTS



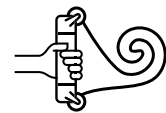
PALLOF PRESS
WITH ARM RAISE



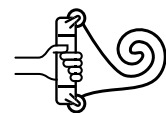
KNEELING WOODCHOPPER



AB CRUNCH



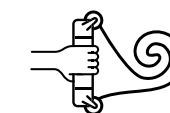
DEAD BUG



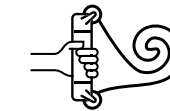
FITNESS WORKOUTS



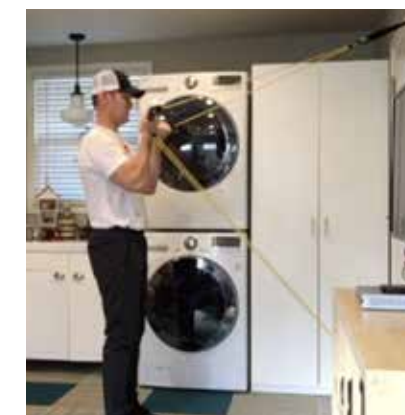
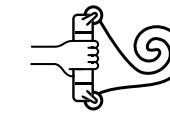
PULL DOWN



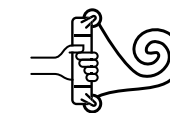
SQUAT ROW



TRICEP EXTENSION



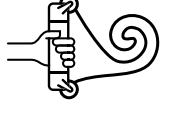
BICEP CURL



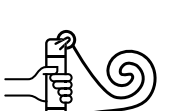
STRENGTH WORKOUTS



SHOULDER OPENER



STRAIGHT ARM SWEEPS



SHOULDERS STAYIN' ALIVE



BUTTERFLY BACK SWEEPS

