

COMPLETE BODY WORKOUT WITH SLACKLINE FITNESSLINE



» KNEE-HIGH SLACKLINE



STEP UP

Starting position: One foot stays on the ground, the other in step formation along the Line, upper body upright, arms raised, eyes straight ahead.

Exercise: Shift weight - One-legged raise on the Slackline, balance the middle of the body, finally place the leg back on the floor

Variation: Leg change



CALF RAISER

Starting position: One foot stays on the ground, the other in step formation along the Line, upper body upright, arms raised, eyes straight ahead.

Exercise: Shift weight to the Slackline, raise the heel and lower it again

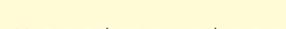
Variation: Leg change



LUNGE

Starting position: Place the front foot across the Slackline in a lunge position. The knee remains over the foot for the entire exercise. Upper body upright, arms raised, eyes straight ahead

Exercise: Slide the back knee almost to the floor and then stretch again

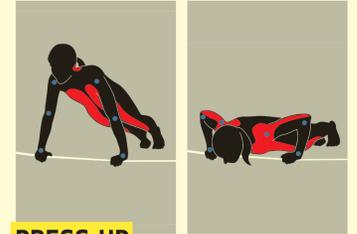


SQUATS

Starting position: Stand with heels at a hips breadth across the Slackline

Exercise: Bend at the knee up to 90° while sliding the buttocks backwards and then stretching again. Note: Knees do not move beyond the tips of the feet

Variation: Use support and additional help resources such as gymnastic stick in order to keep your balance

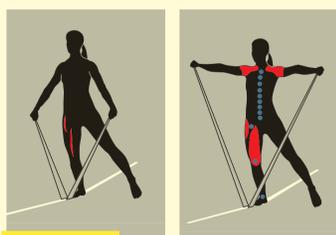


PRESS-UP

Starting position: Press-up position - Hands grab the Slackline at a shoulders' breadth, shoulders are positioned above the Line, toes are pointing up, the body forms a straight line

Exercise: Bend the elbows and stretch again

Variation: Simpler - Knees touch the ground
Harder - Hands grip wider



THE BIG V

Wind the Stretchband twice around the Slackline in the middle

Starting position: Stand on one leg on the Slackline (height of the Stretchband), knees slightly bent, upper body upright, hands grab the end of the Stretchband, thumbs directed upwards

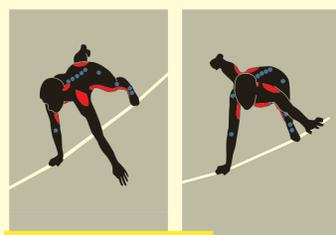
Exercise: Arms from below, raise from outside and lower again.



FLOATING SEAT

Starting position: Sit across the Line, buttocks in front of Line

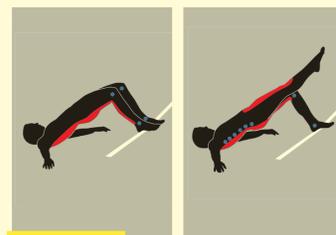
Static exercise: Lie backwards with a straight back, lift legs at an angle and find your balance



DIAGONAL PLANK

Static exercise: One hand grabs the Slackline. The opposite foot stands on the Slackline. The „free“ limbs raise up and balance.

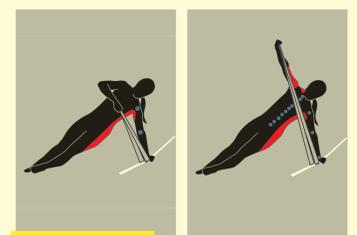
Variation: Lie the lower leg on the Slackline



BRIDGING

Starting position: Upper back is lying on the floor, the feet are placed on the Slackline. Raise the pelvis so that the thighs and upper body form a line. Knee joint is bent to 90°.

Exercise: Stretch the legs upwards and then lower again in an extension of the body.



SIDE PLANK

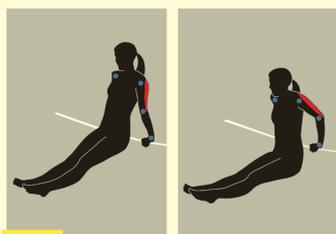
Wind the Stretchband twice around the Slackline in the middle

Starting position: One-armed side plank, grab the end of the Stretchband with the free hand, the Stretchband is placed in front of the body

Exercise: Stretch the arm with Stretchband until the body forms a „T“, and then back again. Body must stabilise



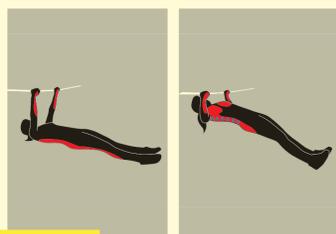
» HIP-HIGH SLACKLINE



DIPS

Starting position: Rest hands backwards on the Line, legs stretched out with calf muscles touching the floor, buttocks are near to the Slackline.

Exercise: Bend at the elbow, lower buttocks towards the floor and then raise again



ROWING

Starting position: Hand from the Slackline, shoulders upright under the Slackline, upper body and legs form a line and heels are touching the floor

Exercise: Pull the body upwards

Note: During the exercise, pull the shoulders back and down



LAYAWAY ALONG SLACKLINE

Starting position: Hands grab the Slackline from two sides heels are hooked in

Exercise: layaway along the Slackline, alternating the arms and legs

Variation: forwards and backwards



PLANKING

Static exercise: Body is lying with the pelvis across the Slackline. Increase tension in the body until the body is horizontal



“LOOK WHO IS WATCHING”

Static exercise: Arms folded in front of the chest and hook the upper arms into the Slackline, legs stretched out and raise hip joint to 90°

Harder Version: Legs stretched out



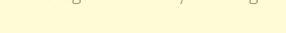
» UPPER HEAD HEIGHT SLACKLINE



PULL UPS

Hands grab the Slackline from two sides, body hangs

Exercise: Pull the body slowly upwards until the chin is at the same level as the Slackline, and then release again without fully stretching the elbows.

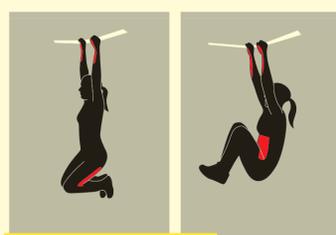


LAYAWAY GIBBON

Starting position: Hands grab the Slackline from two sides

Exercise: Layaway along the Slackline with stretched-out arms.

Variation: Bend the arms



KNEES-TO-ELBOW

Starting position: Hands grab the Slackline from one side

Exercise: Pull the knee up in the direction of the elbow and release again



STRENGTH



COORDINATION



EASY



DIFFICULT

Static exercises:
15 - 30 seconds

Dynamic exercises:
8 - 15 repetitions

The following exercises were developed with „Medical Slackline Concept“ and Elisabeth Schulte / B.A. Sports Scientist

