

UltraSlide Slideboards for Athletes

UltraSlide provides a selection of slideboard lateral trainers to help improve your sports performance. The versatile UltraSlide slideboards allow athletes to target muscle groups and movements specific to their sport of choice. Check out some of the UltraSlide slideboards for athletic training below:

UltraSlide 8: The UltraSlide® 8 is our best-selling slideboard to date. It's designed for heavy institutional use and has been a favorite of professional teams, universities, physical therapy clinics, hospitals, and performance training centers for over 20 years. Home fitness enthusiasts craving a commercial-grade product also love the UltraSlide 8. It's entirely handmade and built to last using the finest materials available. The slide length can be shortened to 5, 6, and 7 feet to accommodate a variety of athletes and training goals. Consider adding your team or company logo to your new UltraSlide 8!

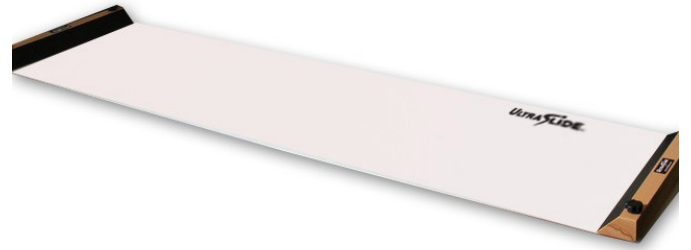
UltraSlide 10: The UltraSlide® 10 is our premiere slideboard – the embodiment of the UltraSlide brand – found in the weightroom or athletic training room (and in many cases, both) of nearly every professional Rugby team in New Zealand and many others around the world. It's designed for heavy institutional use and just like its younger sibling, the UltraSlide 7, it's entirely handmade and built to last using the finest materials. The slide length can be shortened to 7, 8, and 9 feet to accommodate a variety of athletes and training goals. An UltraSlide 10 with your team's logo will stand out in your room and motivate your players even more!

UltraSlide Octagon: Sports are played in 360 degrees of movement, and athletes need to train and condition in that same environment. The UltraSlide Octagon allows athletes to change direction and use a wide variety of angles as they slide across the surface. The unique patent-pending design means the bumpers can be reconfigured to create two 8 foot long (and 4 foot wide) lateral slide boards. The two boards can be adjoining so athletes can train together, or separated to have the boards in different parts of your facility. The versatility of the UltraSlide Octagon is limitless, as are the sports whose athletes will benefit from its use.

**If space is at a premium but you still want to have the ability to train multi-directionally, we can create the UltraSlide Octagon as a “pure” octagon, without the ability to use as two separate 8 foot boards. This design removes the four corners, thereby allowing more floor space around the unit.

Slippers and Polish: All our UltraSlides are sold with a pair of UltraSlide Slippers and a can of UltraSlide Polish which can also be purchased separately.

Contact **Bene Sports Medical** for more information and pricing.



SPORTS PERFORMANCE

Since 1993, UltraSlide® has benefited teams, athletes, and coaches in every sport imaginable across North America, Europe, and Australasia. Whether its soccer or rugby, baseball or softball, basketball or netball, American football or Australian Rules football, ice hockey or field hockey, running or swimming, UltraSlide is the go-to product for effective lateral agility and core stability training and conditioning.

PHYSICAL THERAPY

UltraSlide® has been a staple in physical therapy and rehabilitation facilities, from professional sports teams to private practice clinics to hospitals, since our inception. Sliding on the UltraSlide is a low impact, closed chain functional exercise that emphasizes frontal plane movement that is so critical for return to play and activities of daily living. Using the UltraSlide also improves strength, balance, coordination, core strength, and proprioception.

Specific Benefits by Location:

Foot – strengthens plantar and dorsal muscles of the foot

Ankle – strengthens the deltoid, anterior talofibular, and calcaneofibular ligaments

Knee – recruits both dynamic and static stabilizers. Proven effective for ACL repairs and has become part of many clinics protocol for ACL repair rehabilitation. Clinically proven effective for PCL, MCL, LCL, meniscus (both medial and lateral), and patellar femoral disorders

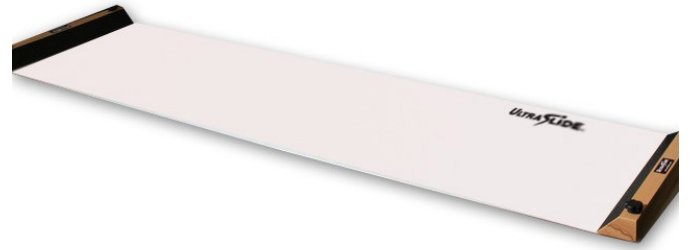
Core Stabilizers – including the obliques – are activated in all planes of motion to support consistent form and balance

Hip – addresses and enhances all hip movements including:

- ab and adduction
- internal and external rotation
- Flexion and extension

FITNESS

The UltraSlide Slideboard provides a highly-effective, challenging, and fun aerobic workout. Because it is one of the only products available that allows you to move laterally, it will train your muscles in an entirely new way.



COMPARISON OF BOARDS

COMPARISON	UltraSlide 8	UltraSlide 10	UltraSlide Octagon
Length	96 in (243.84 cm)	120 in (304.8 cm)	96 in (243.84 cm)
Width	23.5 in (59.69 cm)	23.5 in (59.69 cm)	96 in (243.84 cm)
Adjustment Length	5, 6, & 7 ft (1.5, 1.8, & 2.1 m)	7, 8, & 9 ft (2.1, 2.4, & 2.7 m)	--
Weight	55 lbs (24.94756 kg)	69 lbs (31.297848 kg)	215 lbs (97.52228 kg)
Board Material	9-ply premium FSC birch plywood with high pressure laminate finish	9-ply premium FSC birch plywood with high pressure laminate finish	9-ply premium FSC birch plywood with high pressure laminate finish
Board Thickness	0.5 in (1.27 cm)	0.5 in (1.27 cm)	0.5 in (1.27 cm)
Surface Thickness	0.125 in (0.32 cm)	0.125 in (0.32 cm)	0.125 in (0.32 cm)
Bumper Material	Reclaimed ash hardwood	Reclaimed ash hardwood	Reclaimed ash hardwood
Bumper Height	2.25 in (5.72 cm)	2.25 in (5.72 cm)	2.25 in (5.72 cm)
Board Setup	Hinged baseboard folds in half with removable rollable surface	Hinged baseboard folds in half with removable rollable surface	
Non-Slip Pads	Made from recycled tires	Made from recycled tires	Made from recycled tires
Suitable Use	Institution or Home	Institution or Home	Institution
Customizable Logo	Yes	Yes	Yes
Slide Slippers	Included	Included	Included
Slide Polish	Included	Included	Included