



BASIC

🕒 Repeat exercise along the length of the equipment and back 2 - 3 times

Walk forwards along the fixed beam. Hold onto the handrail if necessary. Next, walk in the opposite direction.

VARIATION: Walk backwards or sideways with or without holding the handrail.

INTERMEDIATE

🕒 Repeat exercise along the length of the equipment and back 2 - 3 times

Walk forwards along the moving beam. Hold onto the handrail if necessary. Next, walk in the opposite direction.

VARIATION: Walk backwards or sideways with or without holding the handrail.

ADVANCED

🕒 Repeat exercise along the length of the equipment and back 2 - 3 times

Walk forwards by balancing on the slackline rope. Hold onto the handrail if necessary. Next, walk in the opposite direction.

VARIATION: Walk backwards or sideways with or without holding the handrail.

BALANCE

CO-ORDINATION