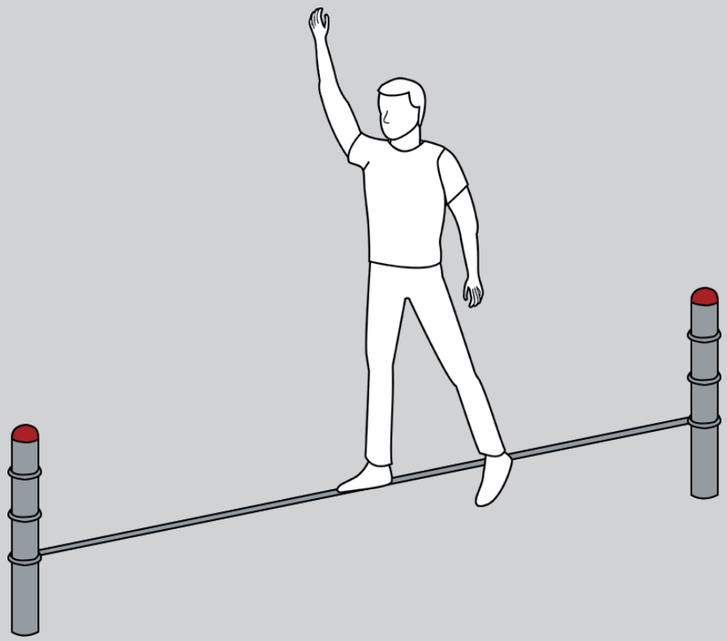
# Slackline

## playfit® Training Options



**BASIC** — Walk along the slackline 2 - 4 times

Set the slackline at the desired height between the posts. Start by finding your balance on the slackline, then walk the length of the line. Change direction once you get to the end. Walking the slackline requires finding the right balance between tensing and relaxing the muscles in the body.

**INTERMEDIATE** — Walk along the slackline 2 - 4 times

Start by walking forwards along the slackline, before walking backwards to the starting point.

**ADVANCED** — Walk along the slackline 2 - 4 times

Try to keep your balance while walking forwards and backwards along the slackline. Stop in the middle to make a half or full turn before continuing to walk along the slackline.

**BALANCE**
**CO-ORDINATION**
**MOBILITY**