

CANDo® Slide Board

The CanDo® Slide Board allows for low-impact aerobic exercises. It can be used to improve your balance, agility, flexibility, and speed. With continued use you can strengthen and tone your abs, quads, glutes, and more.

This Slide Board package includes: (1) slide board, (2) booties, and (1) carry bag.

How to Use

NOTE: Consult with your clinician before starting an exercise program using the CanDo® Slide Board. Anyone with a medical condition should only use this product with a clinician's approval.

- Before training, make sure that there is at least 2 ft (0.6 m) of unobstructed space on all sides and that no other people are in the direct vicinity. There should also be no furniture in the direct vicinity as they could get damaged.
- Take the slide board out of the carry bag and roll it out on a flat surface. The slick slide should be facing up.
- Check your shoes for any debris or rocks that may be stuck on the bottom of your shoes. Slip the booties over your shoes. You are now set to use the slide board.

