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NATS Slide & Glide Set-up Steps

Thank you for purchasing the NATS Slide & Glide. This handout will walk you through the steps to get your NATS Slide & Glide set up. The NATS Slide & Glide is the perfect workout for cardio cross training and for a variety of sports conditioning programs. With the adjustable bar it makes it perfect for all ages and fitness levels. Work all components of your fitness. Improve your strength, cardiovascular and toning levels with one easy to use piece of equipment. The lateral training improves power, agility, endurance, and balance. (Resistance tubes are not included but are available to purchase) Attach the easy to adjust resistance bands to any of the eight attachment points to strengthen your core, tone your upper body, lower body, and abs. Enjoy your great workout and then fold up your Slide and Glide for easy storage.



1. Lay your ½ of your Slide & Glide down the rubber mat facing down



2. Unfold the other section of your Slide & Glide. Do not bend the board backward at the fold lines.



3. Remove the black nuts from the placement bar and lift the placement bar straight up to remove. Be sure to pull straight up at the same time to remove bar from screws.



4. Slightly lift your Slide & Glide board and remove the screws for the placement bar from the bottom side.



5. Decide the placement for your placement bar by determining a distance that is a comfortable stride. Once again, slightly lift your Slide and Glide board. Replace the screws for the placement bar from the bottom side. Make sure that the screws are even from each end. Lay your board down.



6. At the same time place both ends of the placement bar over the screws and against your Slide and Glide board.



7. Replace the black nuts to the screws and tighten completely.



8. Put your Slide and Glide booties on over your tennis shoes and you are ready to slide.

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a perfect fit slide & glide.™
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