

SLING TRAINING

Full Body Suspension Workout

100 Exercises | 800 Workouts



Anders Berget & Lennart Krohn-Hansen

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Sling Training

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INTRODUCTION

Sling [sling] – Adjustable looped rope that increases demands on strength and balance compared to regular exercise. Ex: Sling Training, Sling Exercise.

I set my hands in the grips and get ready. Feet are shoulder width apart and my body in plank position. Sling push-ups – how hard can it be?

As I lower myself to the floor, I feel my hands starting to shake. I'm fighting to keep my balance. Chest, arms and core muscles are working at their maximum.

I concentrate to keep my hands steady. My pulse is racing, but I continue for another repetition. Do I always breathe this hard?

After seven reps I collapse on the floor. Seven push-ups? I'm supposed to do five times as many!

This was my first encounter with sling training. Now, what will sling training do for you?

Sling training is different. It will make you stronger. Faster. More flexible. It develops your balance. It can prevent sports injuries. You will feel improvements – whether you're running, golfing or rock climbing.

My only concern is that... you will get addicted.



Welcome to an all new form of movement. We hope you are ready to try a workout that is suited to you – whatever your shape, height, weight or age. Sling training is a balanced, full body workout that delivers quicker results than regular machine training. It challenges strength, balance and joint stability at the same time. Most important of all, you will notice the results of sling training in your daily life.

Let's say you're moving to a new place and you'll be carrying boxes all day. When you lift a heavy box you need to be strong in all the body, not just the arms. The arms do only a part of the lifting; the shoulders, core and leg muscles do the rest.

Movement science has a term for this: muscle chains. Muscle chains are cooperating muscles that work together to perform different tasks like lifting, jumping, running or throwing. A chain is never stronger than its weakest link and the same applies to the muscle chains of the body.

A "balanced, full body workout" means that all the muscles are strengthened with the most stress on the weakest link. Strength machines and free weights

will not strengthen your body the same way. The variable, wobbly support of the slings increase joint stability and decreases the risk of sport injuries. You will get stronger AND prevent injury!

Buy a sling trainer and you'll have a gym on the go with hundreds of exercises. No other equipment lets you customize your workout in the same way. You'll save time at the gym when you don't need to wait in line or walk between machines and then adjust the seat and weight stack. Get creative and make your own sling exercises by adding balance boards or extra weights. When you come up with a new exercise, let us know at www.slingexercise.com.

We've made this book to show you how fun and valuable sling training can be.

If you exercise at home, the sling trainer will give you full body strength training whenever you want it. Bring your sling trainer to the park or do a post-run sling routine in your garage.

If you are a gym member, sling training will give you the variation you need to get faster and better results. Challenge yourself and activate muscles you didn't know you have!

Why this book?

We started on this book to show you all the possibilities you have with a sling trainer. We want to give you:

- ▶ The best basic exercises
- ▶ Exercises for specific muscles and muscle groups
- ▶ Extreme sling training
- ▶ Stretching and flexibility exercises
- ▶ Workout routines and sport specific programs

Variation is the key to any workout. Even if you already have the perfect upper or lower body workout, we encourage you to add one or two sling exercises and notice the effect.

We rigorously test every sling exercise we find. This book is the premium selection of sling exercises. If you find an exercise that is missing, we'd love to hear from you at www.slingexercise.com.

Most sling exercises can be modified with equipment like a medicine ball, balance board, free weights or the Pilates ball. In a similar manner you may modify and exercise by shifting from toes to knees or changing from two to one hand for support.

With all the ways to modify an exercise there is an infinite number of variations. We will show you examples of these variations and hope you are inspired to make your own. Good news for personal trainers and instructors: We've made every exercise description independent of the photos. This way, the book will be valuable when helping out friends or instructing clients.

How did sling training start?

Several thousand years ago, gymnastics were started by the ancient Greeks. Physical fitness was encouraged and all Greek cities had a Gymnasium; a courtyard for exercise. The gymnastic rings, or still rings, were introduced by the Romans and used as part of military training. Some of the sling exercises are inspired by the moves done in gymnastic rings.

Slings have been used ever since for fun and for fitness gain. The earliest modern version of sling training is recorded in the book *Athletic Sports For Boys* published in 1866. This book provided several exercise suggestions and was the first book to describe sling training! By the end of the 1800s, there were several patents for various designs of sling trainers.

At the start of the 1900s, doctors and physical therapists started to use slings. Sling treatment or sling therapy is used to elevate a part of the body to provide friction-free movement. This "eliminates gravity" to let weak patients move their body parts freely for therapeutic movement and flexibility. In Chapter 6: Stretching, we use the same principle to let you relax and loosen stiff joints and muscle.

Sling therapy has been around for a long time, but sling training has resurfaced only in the past five years and has become increasingly popular. Sling training is spreading because of its reputation as a functional and valuable training tool.

Bodyweight resistance training enhances your bodily perception and gives noticeable results in daily life. There are a number of sling trainers available; we've chosen to use Jungle Sports "Liana" in this book.

Get started!

Myth: You need professional instruction to do sling training correctly.

Fact: Like all forms of exercise, you should know the basic principles to get the best results and avoid injury.

We recommend that you start by reading the section "Before You Start"

Sling exercises range from super easy to extremely hard. In this book we give you everything from the basics to the advanced so you can train at your level and be continuously challenged anew.

Start with the easy exercises. Learn the basics. All the advanced exercises build on the easy – so learn the easy ones with perfect form.

Good luck!

