

Railyard Fitness Multi-Slant Board

Before beginning any exercise program please consult your Healthcare Specialist.
Discontinue if you feel discomfort or pain.

Warm-Up

Start your warm-up with calf raises. Stand on the Slant Board as pictured below. Raise up on toes as high as possible and back down until heels touch the slant board. Be sure to keep your feet parallel. REPEAT.



Hamstring Stretch

Bend at waist with thighs slightly contracted. Continue bending forward as hamstrings begin to "open". For added balance you may hold on to the top of the ladder as pictured below. Hold for desired duration.



Hip and Calf Stretch

Keep thighs slightly contracted, belly relaxed, with head and body in full contact with the wall. Hold position for a short duration until you become accustomed to the stretch. Move to next angle as desired.



Achilles/ Soleus Stretch



Bend both knees until you feel deep resistance along the Achilles tendon and lower calf. Shift majority of weight to one leg and hold for desired duration. Shift weight to the other leg. REPEAT.

Plantar Fascia (arch) Stretch

Set board at 20 or 30 degrees. Slide down wall until buttocks rest on heels (Place a pillow under buttocks if knees are uncomfortable). Keep knees and ankles close together with back and head in contact with wall. Hold for desired duration.



Elevated Squats

Choose your desired level of degree. Stand with heels at the top of the board and feet parallel. Bend knees slowly to no more than 90 degrees. Return to starting position. Avoid bending upper body and head forward. REPEAT.



Your new Slant Board:

The Railyard Slant Board is shipped assembled for your convenience. After removing the Slant Board from its box, you can choose the desired angle. Lay the Slant Board flat on the ground with the non-skid surface facing up (top), lift the top and remove the ladder that is securely attached inside. After removing the ladder, insert into the desired notch. You may choose from a 10, 15, 20, or 30 degree incline. Once you have selected the desired angle, you may Begin. It is recommended that your Slant Board be used on a non-slip surface such as carpet or a workout mat. Your slant board is made of high impact plastic and will flex slightly, We've produced 10's of thousands of these boards and have not had a structural failure. Use your With confidence, it will support you and your stretching efforts.



Manufactured in the USA by Railyard Fitness.

800-822-2889 (phone), 325-625-5519, email customersupport@railyardfitness.com

Visit www.therapyzone.com or www.railyardfitness.com