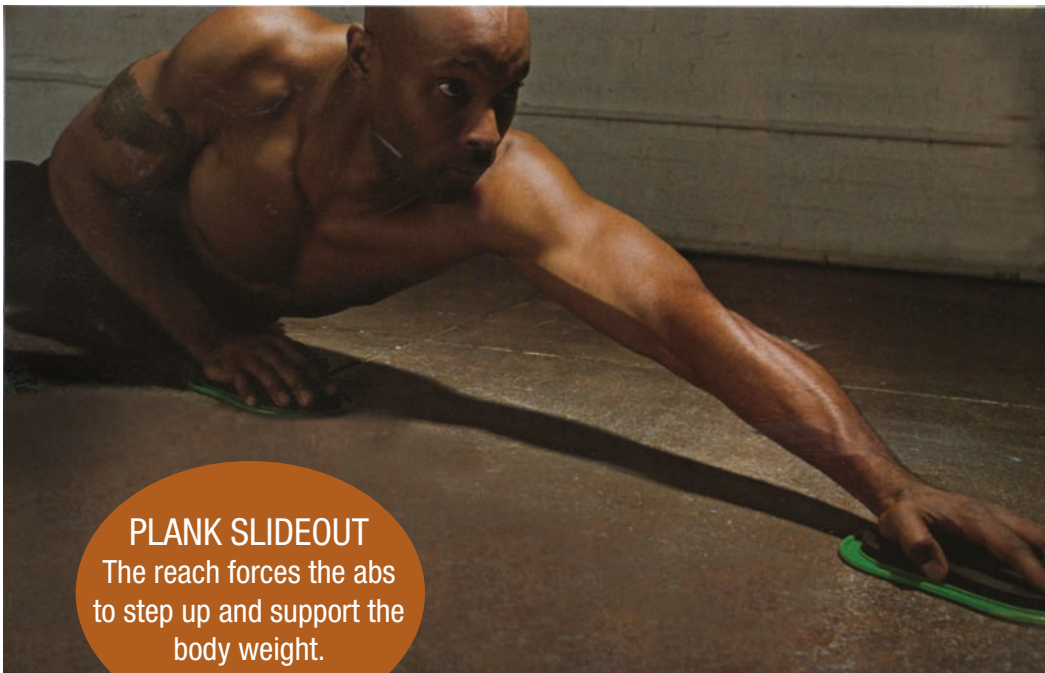


# Best Stability Trainer - Valslides



**PLANK SLIDEOUT**  
The reach forces the abs  
to step up and support the  
body weight.

These foam-topped plastic sliders transform hard floors and carpets into ice rinks, intensifying old standbys like pushups, lunges, and squats. "We can replicate the glute, hamstring, and core-focused exercises that can be done on a 10-foot slideboard in a fraction of the space" says Mike Boyle Strength

and Conditioning in Winchester, Massachusetts." The collegiate and pro athletes we train are always shocked with the workout intensity that can be achieved with two pieces of plastic." Simple, portable, and versatile training tools, turning hotel floors into proving grounds. (valsides.com)