



Prehab/Rehab Sled Exercise Program

Introduction:

This program is designed to enhance your prehabilitation and rehabilitation journey, focusing on building strength, improving mobility, and increasing stability. The Smart Sled Pro, with its adjustable resistance and multi-planar movement capabilities, is an ideal tool for these exercises. Whether you're looking to prevent injuries or recover from one, this sled program can be tailored to your fitness level and needs.

Program Overview:

- Frequency: 3-4 times per week
- Duration: 4-6 weeks
- Intensity: Begin with lower resistance to focus on form and gradually increase as strength and confidence improve.

Equipment Needed:

- Smart Sled Pro
- Additional weights (optional for added resistance)

Exercises:

Warm-Up: Light Sled Push

- Objective: Activate the leg muscles and increase heart rate.
- Method: Set the sled to the lowest resistance. Perform a light push for 20 meters, focusing on a steady pace. Repeat 2-3 times.

Straight-Leg Sled Pull

- Objective: Strengthen hamstrings and improve hip mobility.
- Method: Attach a rope or strap to the sled. Walk forwards with straight legs, pulling the sled towards you. Keep your core engaged. Perform 3 sets of 15 meters.

Sled Row

- Objective: Enhance upper body and core stability.
- Method: Attach handles to the sled. Walk backwards, pulling the sled by rowing towards your torso. Keep elbows close to your body. Perform 3 sets of 15 meters.

Lateral Sled Walk

- Objective: Strengthen abductors and improve lateral stability.
- Method: Stand sideways to the sled's path. Pull the sled in a lateral walk, focusing on side-to-side movement. Perform 3 sets of 10 meters on each side.

Sled Reverse Drag

- Objective: Target quadriceps and knee stability.
- Method: Face away from the sled, holding the straps over your shoulders. Walk forwards, dragging the sled behind you. Ensure a controlled pace. Perform 3 sets of 20 meters.

Cool Down: Sled Pull Through

- Objective: Stretch and decompress the muscles.
- Method: Reduce the sled to a very light weight. Attach a rope or strap and gently walk forwards, allowing the sled to follow. Focus on deep breathing and stretching your stride. Perform 2 sets of 20 meters.

Safety Tips:

- Always start with a dynamic warm-up before beginning the sled exercises.
- Focus on maintaining proper form throughout each exercise to prevent injury.
- Adjust the resistance according to your rehabilitation stage and comfort level.
- Consult with a healthcare professional before starting any new exercise program, especially during rehabilitation.

Conclusion:

This prehab/rehab sled exercise program is designed to support your journey towards stronger, more resilient muscles and joints. By incorporating the Smart Sled Pro into your routine, you can enjoy a versatile, effective workout that meets your specific needs. Remember, consistency is key to seeing improvements, so stay committed and listen to your body throughout the process.