

HOW TO PERFORM A SLED PUSH



1. Set up the sled:

'The sled is usually loaded with 10 or 20kg plates. If you've never used a sled before, you might want to start without any plates as the equipment alone can weigh up to 20kg. Ensure that you have enough room behind you before loading the sled, so you have room to stretch.'

2. Position yourself and get into the proper stance:

'Stand behind the sled with your feet shoulder-width apart and your toes pointing forward. Then bend your knees slightly and hinge at your hips to lower your body down, keeping your back straight. Grasp the sled handles firmly with both hands.'

3. Push the sled and don't forget to engage your core:

'Drive through your legs and push the sled forward. Keep your back straight and maintain a neutral spine throughout the movement. Ensure

that you are protecting your lower back by tightening your abdominal muscles to stabilise your spine.'

4. Maintain proper form:

'Focus on pushing with your legs rather than using your upper body to move the sled. You shouldn't really be feeling the movement in your arms as they serve primarily as stabilisers.'

5. Stride forward, and continue pushing:

'Take short, quick steps as you push the sled forward, maintaining a steady pace. Keep pushing the sled until you reach your desired distance or complete the prescribed number of repetitions.'

TIPS:

1. Maintain a neutral spine:

'Keep your back straight throughout the movement to avoid rounding or arching, which can lead to strain or injury. A straight back also helps to engage your core muscles which stabilise your spine.'

2. Avoid bending your arms too much:

'Your arms should serve primarily as stabilisers during the sled push. Avoid bending your elbows excessively or using your arms to pull the sled, as this can lead to unnecessary strain on your joints.'

3. Use proper foot positioning:

'Position your feet shoulder-width apart to provide a stable base of support and to generate force more effectively.'

4. Focus on pushing, not leaning:

'Avoid leaning too far forward or backward as you push the sled. Instead, focus on driving straight ahead with your legs and maintaining an upright posture.'

5. Watch your breathing:

'Remember to breathe consistently throughout the movement. Inhale as you prepare to push the sled, and exhale forcefully as you exert effort to push it forward.'

6. Control the sled's speed:

'Aim to maintain a steady pace while pushing the sled. Avoid pushing too fast, as this can compromise your form and increase the risk of injury. If it feels too easy to push fast, you may need to increase the weight you use