

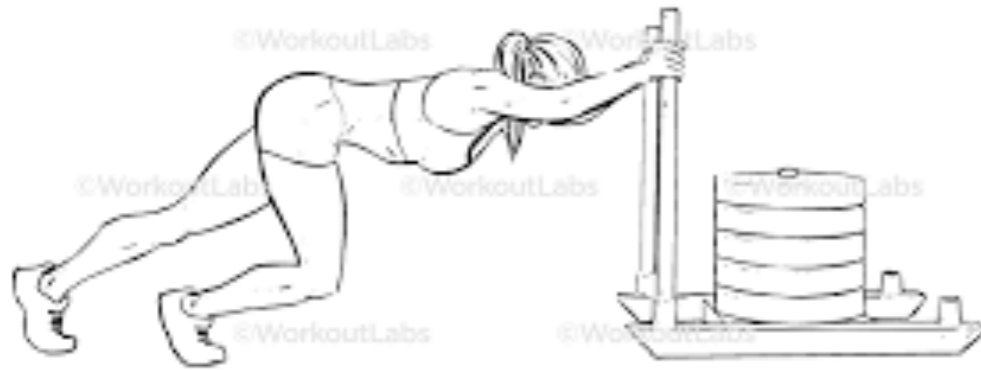
## Sled Pushes or Pulls

### GREAT ATHLETIC TRAINING EXERCISE SERIES

**Do it Right!**  
Exercises you Should Do

This is one exercise that I do not have the space for, but wished I did. I loved doing it when I was a football player because it is very functional and works so many muscles. There is also a cardiovascular stimulus from it. It is considered a full-body strength, power, and speed exercise that some suggest increases speed, boosts performance, and burns calories. It can be done by either pulling or pushing the sled or a combination. But what does the research say: Alternating between heavy and light sled pushes lets you train for both speed and power, according to a 2019 research review (Study). This is a great way to get both forms of training in a session in other words. One 2019 study involving 50 high school athletes looked at the effectiveness of loaded and unloaded sled pushing on sprint training. The researchers determined that pushing a sled with any amount of load is superior to doing unrestricted sled pushes (Study). More specifically, they found that heavy loads might produce the greatest gains in sprint performance over short distances. (See how to use and more here). Pushing against a non operating tread of a treadmill holding into the tread frame or console is a good alternative to a sled in my opinion. Place palms on back of the deck or console, keeping chest angled slightly down and neck in a neutral position, then push the belt. See other alternatives. Another easy alternative to implement is wall pushes, but you can also mimic the motion with a band.

# SLED PUSHES



# WALL PUSHES



Keep head in Neutral and Drive through hips.

# BAND PULLS

