

## Traversing Slopes

When riding across a slope at right angles to the incline of the hill, lean your body uphill to maintain balance and stability. On a loose surface such as sand, it may become necessary to steer slightly uphill in order to maintain your course of travel.

### WARNING

\* *Balance is more precarious while the TRX is tilted to one side. Avoid traversing slopes where there is slippery or difficult terrain.*

