

***The Power Behind Performance®***

## **Power Base Trainer**

**IMPORTANT INFORMATION  
PLEASE READ AND KEEP**

The following guidelines should be observed when using the Base Trainer:

- Always consult your physician before participating in any physical activity.
- Read all instructions carefully before using the Base Trainer.
- Power Systems Inc. assumes no liability for injuries, accidents, or damages that may occur with the use or misuse of the Base Trainer.

For more information about the Base Trainer  
and other training products and programs, contact

Power Systems Inc.  
[www.power-systems.com](http://www.power-systems.com)  
1-800-321-6975

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## Assembly / Usage Instructions:

### Parts Included / Quantity

Base Unit (A) – 1

Weight Post (B) – 1

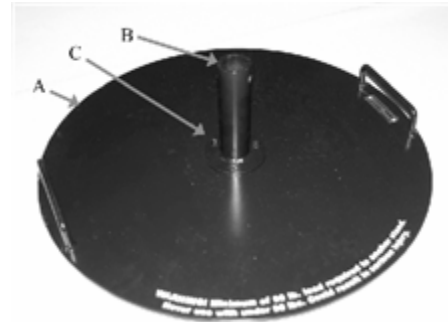
Cap (D) – 1

Locking Pin (E) – 1

Hardware Units (C) – 3

### Assembly

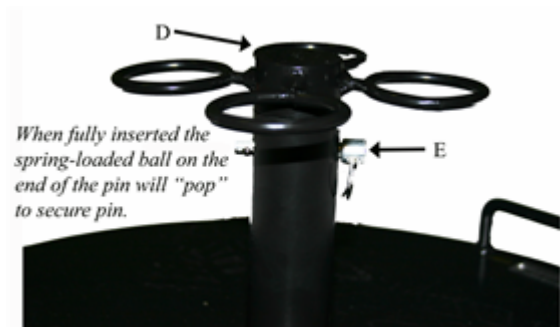
Step 1: Attach post (B) to base (A) by lining up the pre-drilled holes in each. Once aligned, insert screws (C) into each hole. On opposite side of base secure screw by placing a washer and locking nut onto each shank. Tighten securely using a wrench and screwdriver or other suitable tools.



### How to Load and Prepare for Use

Step 2: Position unit in desired location for training event. It is recommended that the Base Trainer only be used on level, firm surfaces. Do not place Base Trainer on hills, gravel or non-protected surfaces (hardwoods, laminate flooring, etc.) Once positioned place weight plates onto Base Trainer. **NOTE: A minimum of 90 lbs. is required to securely anchor training platform. Failure to meet this loading requirement can result in sudden movement of the Base Trainer and result in injury or possibly death.**

Step 3: Now insert cap (D) into the top of post (B) and rotate cap until the pre-drilled holes in (D) and (B) are aligned. Insert the locking pin (E) directly through the holes until it “pops” into place when fully inserted.



Step 4: Attach tubing to rings on cap by securing carabineer around ring. Affix opposite end to training harness as recommended in the manufacturer’s instructions. **Caution: Always insure that clips and/or carabineers are securely fastened. Failure to connect correctly can result in sudden detachment of tubing and result in severe injury and/or including death.**

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## EXERCISES WITH THE BASE TRAINER (Using the Power Builder™)

### Forward Run/Back Pedal

**Start:** Securely fasten the Power Builder™ around the waist and to the loop on the Base Trainer. Face away from the stand. The tube should be behind the back.

**Action:** Run forward until there is considerable tension on the tube of the Power Builder™. Stop and back pedal (backward run, low in the hips) back to the stand. There will be resistance as you run away from the stand and assistance from the tube as you back pedal to the return.



### Back Pedal/Forward Run

**Start:** Securely fasten the Power Builder™ around the waist and to the loop on the Base Trainer. Face the stand. The tube should be coming from the front of the belt/stomach.

**Action:** Back pedal (backward run with low hips) until there is considerable resistance on the tube. Forward run back to the stand. There will be resistance as you back pedal away from the stand and assistance from the tube as you return with the forward run.

### Lateral Shuffle

**Start:** Securely fasten the Power Builder™ around the waist and to the loop on the Base Trainer. Turn the belt so that the tube is coming from the side of the body. The side of the body with the tubing should face the stand. Push the hips back, sitting low into the legs. Chest remains lifted and weight is in the balls of the feet.

**Action:** Staying low in the legs, perform a lateral shuffle by moving the outside foot away from the Base Trainer and then moving the inside foot closer to the outside foot. Repeat, alternating the outside and inside feet. Travel until there is considerable tension on the tube, and return to the start the same way. Repeat. Do a second set after changing the belt to face the opposite direction. There will be resistance as you move away from the stand and assistance as you move toward it.



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### **Lunge**

**Start:** Fasten the Power Builder™ around the waist and to the Base Trainer. Face away from the stand. Walk out from the stand until there is tension on the tube.

**Action:** Keeping the back to the stand, lunge forward with the left leg. Keep the front knee over the front ankle, making sure the knee doesn't go past the toes. There should be a roughly 90° angle on the front knee. Return the left foot to the start. Repeat on the right side. Alternate lunges until there is fatigue in the legs. Return to the stand to remove the belt.

### **Jump Squats**

**Start:** Secure the Power Builder™ around the waist and to the Base Trainer. Face away from the stand. Walk out from the stand until there is tension on the tube. Stand with the feet hip-distance apart, chest lifted, and knees slightly bent.

**Action:** Pushing the hips back and the weight into the heels, lower the body into a squat. Knees should remain over the ankles and not protrude past the toes. Lower until glutes are at roughly knee level (no lower). Explode up from the squatted position, jumping as high as possible. Land with knees bent. Reposition the body and repeat.



### **Side Lunge**

**Start:** Secure the Power Builder™ around the waist and to the Base Trainer, and turn so that the side of the body faces the stand. Move away from the stand until there is tension on the tube. Stand with feet roughly hip-distance apart and knees soft.

**Action:** Keeping the chest lifted, step out wide with the outside foot; bend the outside knee and keep the inside leg straight. Lower the body into a one-legged squat/side lunge. Keep the outside knee over the ankle and do not allow it to protrude past the toes. Stand, straightening the outside leg, and push off the outside leg to return to the start. Repeat on the same leg. Change to the other side and do a second set.

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