

The Power Behind Performance®

ADJUSTABLE LATERAL PLYO BOX™

**IMPORTANT INFORMATION
PLEASE READ AND KEEP**

DISCLAIMER

The following guidelines should be observed when using the Adjustable Lateral Plyo Box™.

- Always consult your physician before participating in any physical activity.
- Read all instructions carefully before using.
- Always use the Adjustable Lateral Plyo Box™ on a level surface free from obstructions.
- Secure unit to the ground/floor by weighting each end of the Adjustable Lateral Plyo Box™ with one 45 lb plate. The plates can be loaded directly under the adjustable landing platforms.
- Be certain the hex bolts are tightened before use. Failure to do so may cause the unit to slide apart during use.
- The Adjustable Lateral Plyo Box™ is intended for use only as described in this document. Other uses are not recommended.
- Power Systems, Inc. assumes no liability for injuries, accidents or damages that may occur with the use or misuse of the Adjustable Lateral Plyo Box™.

For more information regarding the Adjustable Lateral Plyo Box™
or other training products and programs, contact:

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www.power-systems.com
1-800-321-6975

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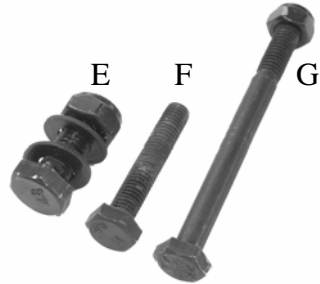
Adjustable Lateral Plyo Box™

The Adjustable Lateral Plyo Box™ is a plyometric training device designed to improve strength and power in lateral movements and improve reaction time with the ground. It trains all muscle groups in the lower body including glutes, hamstrings, quadriceps, calves and ankles. The Adjustable Lateral Plyo Box™ is a must for any sport that requires a quick change of direction.

ASSEMBLY INSTRUCTIONS

Parts List:

1. Side Platform Base (A) – 2
2. Center Base Unit (B) – 1
3. Side Platform Contact Areas (C) – 2
4. Adjustable Support Bar (D) – 2
5. Assembly Unit (E) - 4
6. Assembly Unit (F) – 4
7. Assembly Unit (G) – 4



TO ASSEMBLE

1. Attach Parts (A) to Part (B) using 1 Bolt (E) per hole and secure with nut. (Fig. 1)
2. Attach the adjustable supports, Part (D), to the foot platforms, Part (C), using 1 Bolt (F) per hole. (Fig. 2)
3. Secure the foot platforms to Part (B) using 1 Bolt (G) per hole and secure with nut. (Fig. 3)

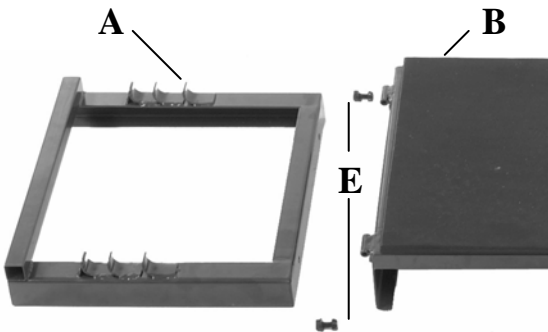


Fig. 1

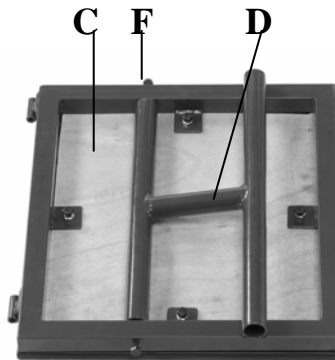


Fig. 2

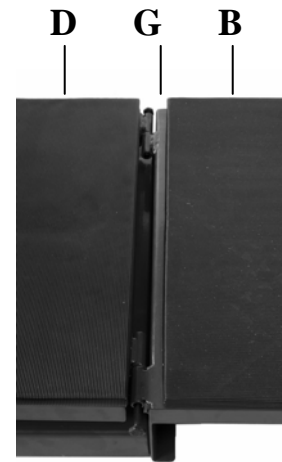


Fig. 3

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PREPARATION FOR USE:

1. Warm up thoroughly with stretching and light exercise.
2. Place the Adjustable Lateral Plyo Box™ on a level, skid free surface free from obstructions. Load the base with weight plates for stability. Be sure to use enough weight to keep the base stationary when jumping. A 45 lb. plate is recommended under each end. Simply slide the plates into the space directly under the adjustable landing platform.
3. Set the angle of the foot platforms using the attached bracket. Be sure to firmly secure the bracket in the grooves of the base prior to training.

TRAINING DRILLS:

A wide variety of training drills can be performed using the Adjustable Lateral Plyo Box™. Detailed below are several drills to help you get started using your new Adjustable Lateral Plyo Box™. Once you have become proficient performing the drills listed in this manual you can expand and design your own sport / training specific drills.

LATERAL JUMPS

Position the platforms at each end of the Adjustable Lateral Plyo Box™ at the same height prior to starting the drill. To begin, stand on one of the angled platforms, with your feet positioned approximately shoulder width apart. Explosively jump laterally so that you land on the opposite angled platform. Repeat for desired number of repetitions or specified duration.

SINGLE LEG LATERAL JUMPS

Position the platforms at each end of the Adjustable Lateral Plyo Box™ at the same height prior to starting the drill. Start in the center of the unit with feet shoulder width apart. To begin, jump towards an angled platform. Land on the leg nearest the platform, therefore if you are jumping right you will land on your right leg and if jumping left you will land on your left leg. Immediately gather and push off using the leg you landed on towards the opposite platform. Continue to jump from side to side for the specified number of repetitions of specified duration.

To reduce the risk of injury, always keep your body positioned over the leg you are landing on, this will help to reduce shearing acting on the knee and ankle joints.

FORWARD AND BACKWARD HOPS

Position the platforms at each end of the Adjustable Lateral Plyo Box™ at the same height prior to starting this drill. Stand in the middle of the unit, facing towards one end of the plyo box. Start the drill by jumping backwards, so that you land directly on the angled platform behind you. Upon landing, quickly gather and jump forwards towards the opposite end of the Adjustable Lateral Plyo Box™, landing on both feet. Continue to jump backwards and forwards until the specified number of contacts has occurred or for a specified duration.

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SCISSOR JUMPS

This drill incorporates one half of the lateral plyo box. Position yourself at one end of the unit so that you are looking directly over the adjustable landing platform. Position one foot on the landing platform, which has been angled at the level required for your training goals. The other foot should be extended directly behind you, placing you in a split position. Keep the torso upright and hips low to help stabilize your center of gravity. To perform the drill jump directly into the air as high as you can. While in the air, alternate the position of your legs so that the opposite leg now lands on the angled platform with the other leg extended directly behind you. Continue to jump, alternating leg / foot position until the desired number of contacts or specified duration has been completed.

TRAINING CONSIDERATIONS:

Perform 2-3 Adjustable Lateral Plyo Box™ workouts per week on days when you normally do your plyometric / lower body workouts. Perform the Adjustable Lateral Plyo Box™ and other skill activities before strength training. This will allow the athlete to have peak concentration and energy to complete the drills effectively.

To train for explosiveness, keep the repetitions/work time to a manageable amount so that each foot contact can be performed at maximal effort. As a basic guideline, five to eight all out sets lasting 10-15 seconds can be used. Allow 1-3 minutes of rest between sets so that the ATP-PC system can replenish its energy substrates. An alternative method of managing the workload is by counting contacts. A contact occurs each time the individual lands following a jump. Please refer to the chart below for suggested training guidelines, related to contacts. Always allow 48-72 hours between plyometric training sessions. This interval will help to reduce the incidence of overtraining, which reduces the benefits of training and increases the risk of injury.

SKILL LEVEL	CONTACTS PER SESSION
Beginner	80-100
Intermediate	100-120
Advanced	120-140

Always use the Adjustable Lateral Plyo Box™ with proper supervision. Qualified supervision will help identify errors in technique and drill execution. Qualified supervision will also you plan your training program and prevent performing too many sets and repetitions, which can lead to overtraining. Overtraining will slow your progress / results.

HOW TO MAINTAIN YOUR ADJUSTABLE LATERAL PLYO BOX™:

Avoid storing the Adjustable Lateral Plyo Box™ in inclement weather, which may cause the frame to rust and the wooden platforms to deteriorate. To avoid possible injury, replace or repair any broken or torn pieces immediately.

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