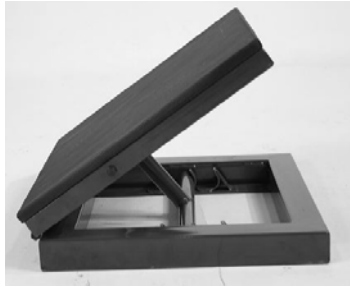


***The Power Behind Performance®***

## **WALL LATERAL PLYO BOX™**



**IMPORTANT INFORMATION  
PLEASE READ AND KEEP**

### **DISCLAIMER**

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

- Always consult your physician before participating in any physical activity.
- Read all instructions carefully before using.
- Always use the Wall Lateral Plyo Box™ on a level surface free from obstructions.
- Secure unit to the ground/floor by positioning the unit directly in contact with a wall.
- The Wall 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 Wall Lateral Plyo Box™.

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## **Wall Lateral Plyo Box™**

The Wall 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 Wall Lateral Plyo Box™ is a must for any sport that requires a quick change of direction.

### **PREPARATION FOR USE:**

1. Warm up thoroughly with stretching and light exercise.
2. Place the Wall Lateral Plyo Box™ on a level, skid free surface free from obstructions. Set the unit up against a wall or similar immovable barrier with the angled platform facing away from the wall.
3. Set the angle of the foot platform using the bracket system. Be sure to firmly secure the bracket in the grooves of the base prior to training.

### **DRILLS:**

#### **LATERAL JUMPS:**

The drill is performed by jumping laterally onto the angled platform and back onto the level surface. The drill is most effectively performed using a single leg to land and push off. Repeat for the desired number of contacts or unit of time. Repeat drill using opposite leg.

#### **SCISSOR JUMPS:**

Start facing the wall with one foot centered on the platform. The other foot should be extended directly behind the body, with the hips centered between the feet. The user uses the muscles of the forward leg to extend off the platform vertically. While in the air the user alternates the positions of their feet landing on the platform with the opposite foot. Repeat this pattern for the desired number of contacts or unit of time.

#### **STRETCHING:**

The Wall Lateral Plyo Box™ can also be used to assist in the stretching of the gastrocnemius and soleus muscles. Angle the unit as desired and then step onto the platform with both feet. Maintain a vertical position, focusing on the wall in front of you. The stretch will be felt in the back of the leg. Turn and face away from the wall to stretch the tibialis anterior and other muscles comprising the shin area of the lower leg. A stretch of 15-30 seconds is recommended, repeated 2-3 times.

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## TRAINING CONSIDERATIONS:

Perform 2-3 Wall Lateral Plyo Box™ workouts per week on days when you normally do your plyometric / lower body workouts. Perform the Wall 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 48-72 hours between workouts.

Always use the Wall Lateral Plyo Box™ with proper supervision. Qualified supervision will help identify errors in technique and drill execution. It will also eliminate doing too many sets and repetitions, which can lead to overtraining. Overtraining will slow your progress / results.

## HOW TO MAINTAIN YOUR WALL LATERAL PLYO BOX™:

Avoid storing the Wall 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.

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

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