



***The Power Behind Performance®***

# VersaFit® Bag

## IMPORTANT INFORMATION PLEASE READ AND KEEP

The following guidelines should be observed when using the VersaFit® Bag.

- Always consult your physician before participating in any physical activity.
- Read all instructions carefully before using the VersaFit® Bag.
- Always use the VersaFit® Bag on a level surface free from obstructions.
- To reduce the risk of injury, use the VersaFit® Bag on grass, a wood floor, or some other shock-reducing surface when performing plyometric training. It is not advised to use the VersaFit® Bag on concrete, tile, or carpeted surfaces during plyometrics.
- VersaFit® Bag is not a toy. Children should only use with adult supervision.
- Power Systems Inc. assumes no liability for injury or damages that may occur with the use of the VersaFit® Bag.

For more information about the VersaFit® Bag  
or other training products and programs, contact

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

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## **VersaFit® Bag**

The VersaFit® Bag is designed for dynamic training exercises where additional weight is recommended. The bags are available in sizes from 5 lbs. to 30 lbs. (in 5 lb. increments) and in 40 lb. and 50 lb. sizes. The unique design of the bag allows it to contour to the shape of the torso when positioned over the shoulders. The nylon handles offer added security while performing plyometric, aerobic, or circuit exercises, and they allow the bag to be used as an alternate to dumbbells. Use the VersaFit™ Bag during any training program from plyometrics to power walking.

### **USING THE VERSAFIT® BAG**

#### **SHOULDER PLACEMENT:**

To position the VersaFit® Bag on the shoulder, simply drape the bag over the shoulders behind the neck. The handles should fall evenly in front of the chest. Grasp the nylon handles in each hand and you are ready to exercise. **IT IS ALWAYS RECOMMENDED THAT YOU HOLD THE HANDLES WHILE PERFORMING EACH EXERCISE TO PREVENT THE BAG FROM SHIFTING.**

#### **ALTERNATIVE TRAINING:**

To use as a substitute for dumbbells or other hand weight, simply hold both handles in the same hand. The weight of the bag will redistribute to the center as the bag hangs below the hands. Simply grasp both ends of the bag when finished to redistribute the filler evenly throughout the bag.

#### **RECOMMENDATIONS FOR BAG SELECTION:**

The progression of bags from 5 lbs. to 50 lbs. allows for a wide variety of training at all skill levels. Please refer to the following chart for basic guidelines when selecting your VersaFit® Bag. Note these are only recommendations. It is the responsibility of the user and their coach/trainer to choose the appropriate VersaFit® Bag to meet their training goals.

<b>ACTIVITY</b>	<b>RECOMMENDED SIZE*</b>
Walking	5 lb. to 10 lb.
Aerobics	5 lb. to 15 lb.
Upper Body Training (Curls, Presses, Etc.)	5 lb. to 20 lb.
Lower Body Training (Lunges, Squats, Etc.)	10 lb. to 30 lb.
Low-Intensity Plyometrics	5 lb. to 15 lb.
Moderate-Intensity Plyometrics	10 lb. to 20 lb.
High-Intensity Plyometrics	15 lb. to 50 lb.

\* Beginners, youth, seniors, individuals with injuries or history of health problems should start with 5 lb. to 10 lb. bags and progress to heavier bags when proficient with the lighter weight.

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## TRAINING EXERCISES:

### 1. SQUATS:

Position the VersaFit® Bag over the shoulders (see description above). Place feet shoulder-width apart and grasp the handles of the bag. Keeping the shoulders back and torso erect, bend at the hips and knees. Continue to flex at the hips and knees until the thighs are approximately parallel with the floor. Pause briefly then extend the hips and knees until you are standing upright.

*Training Tip:* To reduce strain on the lower back and knees, always keep the shoulders back and look straight ahead. Keep the knees directly over the feet – this will help reduce the incidence of tendonitis in the knees and help to keep the hips and shoulders aligned over the body's center of gravity.

### 2. LUNGES:

With the VersaFit® Bag on the shoulders, place the feet approximately shoulder-width apart. Grasp the handles of the bag. Keep the torso erect throughout the entire exercise to reduce the stress on the lower back. Take a large forward step with one leg, directly lower the hips underneath you. This initial movement will facilitate flexion of the knee in the lead leg. Continue to sink the hips until the thigh of the front leg is approximately parallel with the floor. Note the position of the knee at this time. The knee should be aligned directly over the foot with the knee flexed at 90 degrees. If the knee is out past the front of the foot, step further out on the next repetition. To complete the repetition, extend the front leg, pressing through the floor to return to the starting position. Repeat for the specified number of repetitions and then repeat on the opposite leg.

### 3. WALKING:

Position the VersaFit® Bag on the shoulders and grasp the handles with hands. Walk the prescribed distance by your program, coach, or trainer.

### 4. JUMPS:

The VersaFit® Bag can be used to provide additional resistance during explosive movements. When performing any type of jump, hop, or skip, always keep the bag positioned over the trapezius of the shoulder and off the neck. A quick way to check the position of the bag is to tip the head backwards. You should be able to extend your head back comfortably. Any obstruction means the bag is positioned too high on the neck. Reposition and try again. **FAILURE TO POSITION THE VERSAFIT® BAG PROPERLY COULD RESULT IN INJURY TO THE USER.**

Many more exercises can be performed using the VersaFit® Bag. Consult with a professional trainer/coach to develop a plyometric routine specific to your needs.

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