



The Power Behind Performance®

POWER JUMPER™ w/ Standard Belt and Regular Tubing
POWER JUMPER™ w/ XXL Belt and Regular Tubing
POWER JUMPER™ w/ Shoulder Harness and Regular Tubing
POWER JUMPER w/ Standard Belt and Long Tubing
POWER JUMPER w/ XXL Belt and Long Tubing
POWER JUMPER w/ Shoulder Harness and Long Tubing

IMPORTANT INFORMATION
PLEASE READ AND KEEP

DISCLAIMER

The following guidelines should be observed when using the Power Jumper™.

- Always consult your physician before participating in any physical activity.
- Always train under the supervision of a certified trainer or coach.
- SLASTIX™ tubing contains latex rubber. Individuals with latex allergies are strongly cautioned to avoid direct contact with product.
- Read all instructions carefully before using.
- Inspect the Slastix™ tubing fabric and attachments for tears and other damage prior to each use. Do not use if damaged – replace immediately.
- The Slastix™ tubing is equipped with an external safety cover which keeps the tubing from being over-stretched and prevents the tubing from snapping into the user should it break from normal use. **DO NOT REMOVE THIS COVER UNDER ANY CIRCUMSTANCE.**
- Never release the tubing while it is under tension.
- The Power Jumper™ are intended for use only as described in this document. Other uses are not recommended.
- Power Systems, Inc. assumes no liability for accidents or damage that may occur with the use of the Power Jumper™.

For more information regarding the Pro Power Jumper™ / Power Jumper™
or other training products and programs, contact:

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www.power-systems.com
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- **SLASTIX™ TUBING PRODUCT CARE AND WARNINGS**

- Never jolt elastic when elastic reaches its maximum stretch.
- Never use the elastic as a rope
- Never pull band directly towards the face or head
- Do not keep elastics stretched for long periods of time. The elastic will lose some of its elasticity.
- Store indoors in a dry location. Do not leave outdoors. Do not store near an electrical generator, transformer, or object that emits high electrical radiation.
- Replace yearly (minimum) or replace sooner if worn.
- If fabric sleeve becomes detached, cut through, or damaged, replace immediately,
- Failure to follow directions can result in serious injury.
- Never tie a knot in tubing or onto tubing.
- Only attach tubing to harness/belts using the manufactured ends.

PRO POWER JUMPER™ / POWER JUMPER™

The Pro Power Jumper™ and Power Jumper™ are plyometric training devices designed to improve jumping ability and reaction time with the ground. They allow the athlete to do a series of repeated resistance jumps. The latex tubing provides resistance when the athlete jumps upwards and helps pull the athlete back to the ground on descent. The pull back to the ground allows the athlete to perform more jumps in a shorter period of time and places a greater stretch on the muscle fibers resulting in a more powerful contraction for a more explosive jump.

The Pro Power Jumper™ / Power Jumper™ with Standard Belt and Regular Tubing consists of a standard waist belt that fits waist sizes 30” to 40” and 2 regular length Slastix™ resistance tubes. Use this length of tubing with individuals 6’ tall or shorter.

The Pro Power Jumper™ / Power Jumper™ with XXL Waist Belt and Regular Tubing consists of an extra-large waist belt that fits waist sizes 40” to 48” and 2 regular length Slastix™ resistance tubes. Use this length of tubing with individuals 6’ tall or shorter.

The Pro Power Jumper™ / Power Jumper™ with Shoulder Harness and Regular Tubing consists of a shoulder harness that fits up to a 56” chest and 2 regular length Slastix™ resistance tubes. Use this length of tubing with individual 6’ tall or shorter.

The Pro Power Jumper™ / Power Jumper™ with Standard Belt and Long Tubing consists of a standard waist belt that fits waist sizes 30” to 40” and 2 long Slastix™ resistance tubes. Use this longer length of tubing with individuals over 6’ tall.

The Pro Power Jumper™ / Power Jumper™ with XXL Waist Belt and Long Tubing consists of an extra-large waist belt that fits waist sizes 40” to 48” and 2 long Slastix™ resistance tubes. Use this longer length of tubing with individuals over 6’ tall.

The Pro Power Jumper™ / Power Jumper™ with Shoulder Harness and Long Tubing consists of a shoulder harness that fits up to a 56” chest and 2 long Slastix™ resistance tubes. Use this longer length of tubing with individuals over 6’ tall.

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The Slastix™ tubing attaches to the waist belt / shoulder harness by sliding the loop at the end of the tubing over the waist belt / shoulder harness. Connect the tubing to the four eye-bolts at the corners of the steel frame using the carabineers at the end of each tube. **BE CERTAIN EACH CARABINEER IS SECURELY FASTENED TO AN EYE-BOLT PRIOR TO EXERCISING. FAILURE TO SECURELY ATTACH THE CARABINEERS CAN RESULT IN SERIOUS INJURY TO THE USER AND OTHERS NEAR THE PLATFORM.**

PREPARATION FOR USE:

1. Warm up thoroughly with stretching and light exercise.
2. Place the Pro Power Jumper™ / Power Jumper™ platform 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 on the ground when jumping. One 45 lb. plate is recommended under each end of the Pro Power Jumper™ or one 45 lb. plate over the weight stands of the Power Jumper™. The plates slide into the space directly under the platform top of the Pro Power Jumper™ or position over the exposed weight posts on the Power Jumper™.
3. Select the appropriate belt and tubing to fit your height. The regular tubing is designed for users under 6' and the long tubing for users over 6'. To attach the tubing to the belt/harness slide the nylon loop over the strap of the waist belt or shoulder harness prior to fastening the waist belt/harness. Adjust the belt/harness around your waist so that the tubing hangs down each side of the body. At this time adjust the position of the tubing so that the two leads coming from the belt/harness are of an equal length. Attach the Slastix™ tubes to the eyebolts (one tube per eyebolt) on each corner of the base using the metal carabineers on the end of each tube. Make sure each carabineer is securely fastened prior to use.
4. **Caution** – Be certain to warm up thoroughly and take a few sub-maximal jumps before doing any maximal jumps. The sub-maximal jumps will help the user get acclimated to the apparatus and to the resistance of the tubing.

DRILLS:

1. Power Jumps – Improves lower body power and jumping ability.
 - Assume a good jumping stance in the center of the base.
 - Perform a series of maximal, all out vertical jumps. Three sets of 5-8 repetitions are recommended. Allow 3-5 minutes between sets for complete recovery.
 - *TIP: Reposition yourself between each jump. The key in this drill is not how quickly you can complete the repetitions; rather the focus is exerting maximal effort with each jump. A good pace to perform jumps is by allowing 3-8 seconds between jumps to recover and reposition self on the platform.*
2. Speed Jumps – Improves reaction time with the ground.
 - Assume a good jumping stance in the center of the base.
 - Perform a series of jumps as quickly and forcefully as possible. The key is to jump as high as possible with each jump while minimizing contact time with the ground between jumps.

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- During the jumps, maintain control by keeping the torso upright and landing safely in the center. If the athlete loses their balance while jumping, have them stop and reposition themselves.
 - Perform 3 sets of 8-12 repetitions. Allow 3-5 minutes between sets for complete recovery.
3. Lateral Cone Jumps – Improves lateral change of direction and reaction time.
- Place a plastic agility cone in the center of the base. Assume a ready position to one side of the cone.
 - Perform a series of lateral cone hops as quickly as possible. Focus on going directly over the top of the cone.
 - Use caution to safely land within the base and not off the edge.
 - Stop and reposition the athlete should they lose their balance / control.
 - Perform 3 sets of 8-12 repetitions. Allow 3-5 minutes between sets for complete recovery.
 - Use taller agility cones to increase the difficulty of the drill.

TRAINING CONSIDERATIONS:

Perform 2 to 3 Pro Power Jumper™ / Power Jumper™ workouts per week on days when you normally do your plyometric / lower body workouts. Perform the Pro Power Jumper™ / Power Jumper™ workouts and other skill activities before strength training. This will allow the athlete to have peak concentration and energy to complete the drills effectively. Allow 48-72 hours between workouts.

Use your arms with each jump to get additional power. Accelerating the arms upwards creates momentum that will help the athlete jump higher.

Always use the Pro Power Jumper™ / Power Jumper™ 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 frequently slow your progress and overall results.

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