



The Power Behind Performance®

Premium Power-Plyo Boxes™

**IMPORTANT INFORMATION
PLEASE READ AND KEEP**

DISCLAIMER

The following guidelines should be observed when using the Premium Power-Plyo Boxes™.

- Always consult your physician before participating in any physical activity.
- Always train under the supervision of a certified trainer or coach.
- Read all instructions carefully before using.
- Inspect the frame and platform for cracks and other damage before each use. **DO NOT USE IF DAMAGED – REPLACE IMMEDIATELY.**
- The Premium Power-Plyo Boxes™ is 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 Premium Power-Plyo Boxes™.

For more information about the Premium Power-Plyo Boxes™
or other training products, contact

Power Systems Inc.
www.power-systems.com
1-800-321-6975

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EXERCISES

Step-Ups



Starting Phase: Stand at the base of the box with feet shoulder-width apart.

Action Phase: Lift the left leg, bending the knee and placing the foot on top of the box. Extend the left leg and lift the right leg/foot onto the box. Step down, leading with the left leg, and repeat.

Training Tip: Feet should be completely on top of the box. Do not allow the heels to hang off of the box. Do not hop or jump off the trail leg to move to the top of the box; instead use the strength in the lead leg entirely. The number of sets and repetitions should be determined by your coach or trainer.

Step Downs



Starting Phase: Stand on top of the box with feet shoulder-width apart.

Action Phase: Step down from the top of the box, leading with the right leg. Knees should be slightly bent to absorb the shock of landing. Step down with the left leg once the right leg is set. Turn around and step back up on the box. Repeat the step down exercise leading with the opposite leg.

Training Tip: You should land on the ball of the foot when stepping down from the box to avoid undue stress on the knee or hip joint. The number of sets and repetitions should be determined by your coach or trainer.

Hop/Jump Onto Box



Starting Phase: Stand facing the box, 3 to 6 inches from the base. Feet should be shoulder-width apart and knees bent into a three-quarter squat position.

Action Phase: From the squatted position, forcefully extend the knees and hips to jump onto the top of the box.

Training Tip: Use the arms to assist in the hop or jump. Both feet should land squarely on top of the box. The heels should not hang off the box. It is very important to use a box height that fits your ability level but also encourages a challenge in order to enhance your skills. The number of sets and repetitions should be determined by your coach or trainer.

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Hop Downs

Starting Phase: Facing away from the box, stand on top of the box with feet shoulder-width apart and knees slightly bent.

Action Phase: Hop off the top of the box with both feet. You should land on both feet equally with knees slightly bent to absorb shock.

Training Tip: It is very important to use a box height that fits your ability level but also encourages a challenge in order to enhance your skills. The number of sets and repetitions should be determined by your coach or trainer.

Step Up With One Leg



Starting Phase: Stand at the base of the box with feet shoulder-width apart.

Action Phase: Lift the lead leg, bending the knee and placing the foot on top of the box. Extend the lead leg and lift the opposite (trail) leg off the ground. The trail leg does not touch the top of the box. Repeat by allowing the knee of the lead leg to bend and set the opposite foot back onto the floor.

Training Tip: The lead foot should be completely on top of the box. Do not allow the heels to hang off of the box. Do not hop or jump off the trail leg to move to the top of the box; instead use the strength in the lead leg entirely. The number of sets and repetitions should be determined by your coach or trainer.

Lateral Hop/Jump Up

Starting Phase: Stand beside the box, 3 to 6 inches from the base. Feet should be shoulder-width apart and knees bent into a three-quarter squat position.

Action Phase: From the squatted position, forcefully extend the knees and hips to jump laterally onto the top of the box.



Training Tip: Use the arms to assist in the hop or jump. Both feet should land squarely on top of the box. It is very important to use a box height that fits your ability level but also encourages a challenge in order to enhance your skills. The number of sets and repetitions should be determined by your coach or trainer.