



The Power Behind Performance®

PLYO HURDLES™

**IMPORTANT INFORMATION
PLEASE READ AND KEEP**

DISCLAIMER

The following guidelines should be observed when using the Plyo Hurdles™.

- 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.
- Always use the Plyo Hurdles™ on a level surface free from obstructions.
- The Plyo Hurdles™ are intended for use only as described in this document.
- Power Systems, Inc. assumes no liability for injuries, accidents or damages that may occur with the use or misuse of the Plyo Hurdles™.

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

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

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PLYO HURDLES™

The Plyo Hurdles™ are a portable training tool designed to improve explosive jumping power and knee lift during plyometric training. The unit consists of eight (8) PVC bases, eight (8) pre-marked PVC vertical supports (comprised of sixteen (16) 20" PVC sections), and four (4) 40" PVC cross bars (comprised of eight (8) 20" PVC sections). This guide will offer several drills for use with the Plyo Hurdles™.

PLYO HURDLES™ PREPARATION AND ADJUSTMENT

Due to the high-intensity of plyometric training, only configure the Plyo Hurdles™ on a level surface that is free from obstructions that could interfere with training. Suitable surfaces include grass practice or game fields, gymnasiums and outdoor tracks. AVOID training on concrete flooring as the ground reaction forces produced during plyometric training could result in user injury.

ASSEMBLY

1. Counterweight the PVC bases by inserting sand or similar filler into base.
2. Insert one (1) pre-marked vertical support into each base. Supports quickly assemble by connecting one (1) 20" unmarked PVC section with one (1) 20" marked section.
3. Attach one (1) plastic clip to each vertical support and adjust the clip and slide the clip to the desired training height. The clips can be rotated to facilitate assembly.
4. Attach the crossbars to the plastic clips. The crossbars quickly assemble by connecting two 20" unmarked sections together. Depending on the intensity of training the crossbars can be securely fastened into each clip by sliding the post into the clip. For more intense drills the ends of the crossbars can be placed on top of the clips. This allows for the crossbar to fall to the ground in the event the athlete is unable to clear the height.

PLYOMETRIC DRILLS:

The Plyo Hurdles™ are designed for plyometric training regimens to improve force development, and neuromuscular efficiency. Greater force production translates into a higher vertical jump while improved neuromuscular function decreases the time to contraction and can result in more motor units firing simultaneously.

Listed below are several drills that can be added to a plyometric training program.

1. POWER JUMPS:

Set hurdles from 32" to 40" or any combination of heights in between. Space the hurdles 3' to 5' apart to provide enough area to land. Perform jumps using two feet. Quickly jump through the hurdles, jumping only high enough to clear the hurdles. Keep the toes pointing up while in the air, as this will help decrease the time spent on the ground between the hurdles.

Training Tip: Up to 15% of vertical height can be attributed to upper body movement. Emphasize a powerful arm-swing with each jump to maximize power production.

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2. QUICK JUMPS:

Use the pre-drilled holes in the cones to set the hurdles at 24” to 32”. All hurdles can be set at the same height or use a combination for more varied training. Position hurdles 2’ to 4’ apart. Perform jumps using two feet. Quickly jump over the hurdles and continue through the hurdles as quickly as possible. Keep the toes pointing up while in the air and keep the feet together. The key to quickly getting through the course is minimizing contact time with the ground.

When the athlete is proficient using two feet, have them jump through the hurdles using one-leg or have them alternate legs between hurdles.

3. LATERAL JUMPS:

Set the hurdles from 24” for low-intensity training up to 40” for high-intensity drills. Using a combination of heights will require the athlete to concentrate their effort on applying the level of force needed to navigate each hurdle. Start facing sideways. Using two feet, propel your self over the hurdles. Minimize contact time between hurdles, by immediately attempting to jump over the next hurdle upon landing. Complete going left and right. Again emphasize arm drive to maximize force production.

Advance to using one foot when individual is proficient performing the drill with two feet

TIPS FOR ADDED SUCCESS

- Plyometric training is intense training that requires the participant to be fresh and ready to exercise. Always perform plyometric training before any speed or agility drills, weight training or aerobic conditioning.
- Due to the all-out nature of the training it is recommended to allow 48-72 hours between training sessions.
- Follow the following guidelines when designing a plyometric training session:

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

- Emphasize being quick on the feet. The focus should be on limiting the time the individual is in contact with the ground. Shortening this phase will help to maximize overall explosion and jump height by harnessing elastic energy stored in the muscles, tendons and ligaments of the body.

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