



The Power Behind Performance®

Power Hurdle™

**IMPORTANT INFORMATION
PLEASE READ AND KEEP**

DISCLAIMER

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

- Always consult your physician before participating in any physical activity.
- Always use under the supervision of a certified coach or trainer.
- Read all instructions carefully before using.
- Inspect the hurdle for loose bolts, breaks, and other damage before each use. **DO NOT USE IF DAMAGED – REPLACE IMMEDIATELY.**
- The Power Hurdle™ 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 Power Hurdle™.

For more information about the Power Hurdle™
or other training products, contact

Power Systems Inc.
www.power-systems.com
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Power Hurdle™

The Power Hurdle™ is a versatile yet specific training device. It is designed to enhance power, speed, and flexibility. Each unit has 12 height adjustments ranging from 6 to 42 inches in 3-inch increments. The counterweighted design keeps the unit upright and provides stability. To allow for more consistent training and technique development, it is recommended that you use more than one hurdle.

Exercises

Front Step-Over

Starting Phase: Begin the exercise by standing with feet shoulder-width apart and facing the hurdle. You should be standing on or at the counterbalanced portion of the hurdle. Set the height of the hurdle that is appropriate for your range of motion.

Action Phase: Maintaining an upright posture throughout movement, lift one knee toward the chest and step forward over the hurdle. The trail leg should follow by lifting the knee up and toward the outside. The trail leg should mimic the trail leg position seen in sprint races involving hurdles. Repeat with opposite leg as the lead leg.

Training Tip: This should be a slow, free-flowing movement. Hurdle height should be set to eliminate the need for hops or jumps.

Lateral Step-Over

Starting Phase: Begin the exercise by standing with feet shoulder-width apart and facing the side wall.

Action Phase: Maintaining an upright posture throughout movement, lift one knee toward the chest and laterally step over the hurdle. The trail leg should follow by repeating the exact same movement as the lead leg.

Training Tip: Once the lead leg clears the bar, allow for ample space for the trail leg to follow. Hurdle height should be set to eliminate the need for hops or jumps.

Forward Hop or Jump-Over



Starting Phase: Begin by standing with feet shoulder-width apart. Lower the hips into an athletic position ready to jump while maintaining an upright posture in the upper body. You should be facing the hurdle for this exercise.

Action Phase: Lower the body into a position ready to hop or jump. Forcefully extend the hips lifting your body off the ground and moving slightly forward. Your knees should be raised toward your chest to allow for clearance of the hurdle. Use the upward movement of your arms to aid the height of

your jump.

Training Tip: To increase intensity, raise the height of the bar.

IMPORTANT: Land on both feet with knees slightly bent to absorb the shock of landing.

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Lateral Hop or Jump-Over

Starting Phase: Stand with feet shoulder-width apart. You should be facing the side wall away from the hurdle.

Action Phase: Lower the body into a position ready to hop or jump. Forcefully extend the hips lifting your body off the ground and moving slightly laterally. Raise your knees toward your chest to allow for clearance of the hurdle. Use the upward movement of your arms to aid the height of your jump.

Training Tip: To increase intensity, raise the height of the bar.

IMPORTANT: Land on both feet with knees slightly bent to absorb the shock of landing.