

The Power Behind Performance®

## SERIES 7 HURDLE™

### ASSEMBLY INSTRUCTIONS

1. Lay out the components as shown (Fig. 1). Attach Stabilizing Crossbar (C) to Side Support (B) using one Screw (D) (Fig. 2). Repeat to attach remaining support.
2. Attach Crossbar (A) by inserting shaft into Side Support (B) until spring-loaded pin pops into place (Fig. 3). *Be careful to depress the pin only long enough to get the post of (A) started into the shaft of (B) to prevent pinching the fingers.*
3. Open and close the hurdle using the locking brackets on each side (Fig. 4). Hurdle is erect and ready for training when locking brackets are at full extension (Fig. 5). **CAUTION: Always double-check each locking bracket before use to ensure it is fully extended in lock position. Failure to properly lock brackets can result in a sudden hurdle malfunction and may result in injury.**
4. To adjust height of hurdle, depress each spring-loaded pin (Fig. 5) and gently slide the leg of the hurdle into the desired position. Each hurdle has seven settings: 24 in., 27 in., 30 in., 33 in., 36 in., 39 in., and 42 in. **CAUTION: Always confirm both pins are in position before using hurdle. Failure to verify this can lead to a sudden change in hurdle height and may result in injury.**
5. To store hurdle, unlock each side bracket and fold the hurdle flat. For optimal storage, lower the hurdle to the 24 in. setting to reduce overall volume.
6. **NOTICE:** Power Systems, Inc., assumes no liability for injuries, accidents, or damages that may occur with the use or misuse of the Series 7 Hurdle™.

#### Parts Included / Quantity

Crossbar Unit (A) - 1

Side Supports (B) - 2

Stabilizing Crossbar (C) - 1

Screws (D) - 2



Fig. 1

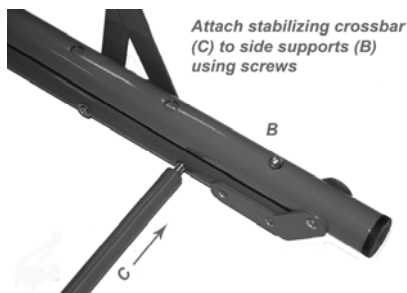


Fig. 2

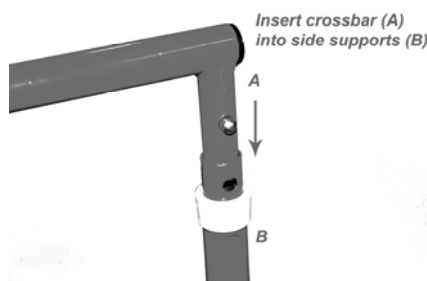


Fig. 3



Fig. 4

**\*\* Figures 5 to 7 located on next page \*\***

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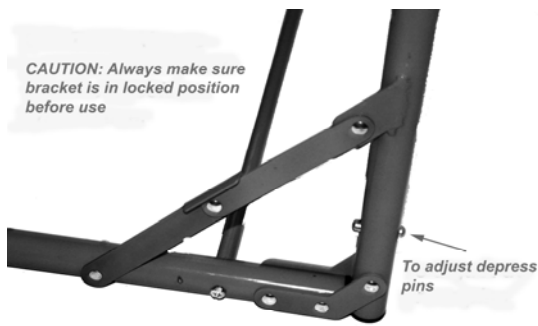


Fig. 5



Fig. 6

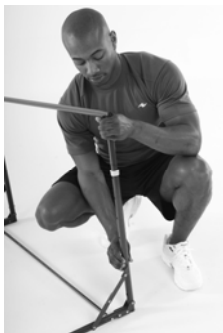


Fig. 7

The following guidelines should be observed when using the Series 7 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 Series 7 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 Series 7 Hurdle™.

### Series 7 Hurdle™



The Series 7 Hurdle™ is a versatile yet specific training device. It is designed to enhance power, speed, and flexibility. Each unit has seven height adjustments ranging from 24 to 42 inches in 3-inch increments. 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.

### **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.

### **Lateral Shuffle-Under**

Starting Phase: Facing the side wall, lower the body into a squat position. Chest and head should be upright.

Action Phase: Maintaining the squat position, move laterally underneath the hurdle until you have cleared the bar.

Training Tip: It is important that the body stay upright throughout the movement to prevent possible back or knee injury.

