



The Power Behind Performance®

VersaStep™ Hurdle

**IMPORTANT INFORMATION
PLEASE READ AND KEEP**

DISCLAIMER

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

- 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 VersaStep™ Hurdle on a level surface free from obstructions.
- The VersaStep™ Hurdle is 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 VersaStep™ Hurdle.

For more information about the VersaStep™ Hurdles
or other training products and programs, contact

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VersaStep™ Hurdle

The VersaStep™ Hurdle is a portable training tool designed to improve foot speed and knee lift during agility training. A set consists of six 6-inch or 12-inch soft PVC hurdles. The hurdles can be configured as traditional hurdles or arranged in alternative patterns. You also can combine sets to vary the height of the hurdles to suit your training needs. The number of repetitions performed for each exercise should be based on skill level and goals.

Preparation and Adjustments

Due to the high-intensity of agility training, VersaStep™ Hurdles should be configured only on level surfaces that are free from obstructions. Suitable surfaces include grass practice or game fields, gymnasiums, and outdoor tracks.

Exercises

FORWARD HOP



Starting Phase: Place six VersaStep™ Hurdles 3 to 4 feet apart. Stand at the first hurdle in an athletic position with the knees slightly bent.

Action Phase: Jump over the first hurdle, landing softly on both feet. Immediately rebound off the toes and jump over the second hurdle. Continue this pattern to the end of the hurdle row.

Training Tip: After becoming proficient using two feet, jump over the hurdles on one-leg or by alternating legs between hurdles.

LATERAL HOP



Starting Phase: Place six VersaStep™ Hurdles 3-4 feet apart. Stand laterally to the first hurdle in an athletic position with knees slightly bent and feet shoulder-width apart.

Action Phase: Jump laterally over the first hurdle with both feet. Then jump laterally over the next hurdle; continue through the rest of the course, repeating the pattern. Remember to land with soft feet and knees to gain maximum height over the hurdles. Maintaining a tight core throughout this exercise will help maintain body control.

Training Tip: After becoming proficient using two feet, jump over the hurdles using one-leg or by alternating legs between hurdles.

STEP WITH DOUBLE STEP



Starting Phase: Place six VersaStep™ Hurdles 5 to 6 feet apart. Stand laterally to the first hurdle in an athletic position with knees slightly bent and feet shoulder-width apart. Arms should be bent at 90-degree angles and ready to help propel the body through this exercise.

Action Phase: Perform a lateral step over the first hurdle, landing softly. Next, perform a double step in the middle of the hurdles before moving on. Repeat this lateral-double step movement for the remainder of the hurdles.

STEP/HOP



Starting Phase: Place six VersaStep™ Hurdles 5 to 6 feet apart. Stand at the first hurdle in an athletic position with knees slightly bent and feet shoulder-width apart. Arms should be bent at 90-degree angles and ready to help propel the body through this exercise.

Action Phase: Take a forward step over first the hurdle. Then with two feet, hop over the second hurdle, remembering to keep a soft landing on both movements. Continue through the rest of the course, repeating the pattern. Landing with the correct form in the knees and feet will gain maximum height over the hurdles.

Tips for Added Success

- Agility training is intense training that requires the participant to be fresh and ready to exercise. Always perform plyometric training before any speed , agility drills, resistance training, or cardiovascular conditioning.
- Emphasize quick 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.