

The Power Behind Performance®

QUICK CONE HURDLE™ SET

**IMPORTANT INFORMATION
PLEASE READ AND KEEP**

DISCLAIMER

The following guidelines should be observed when using the Quick Cone Hurdle™ Set.

- 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 Quick Cone Hurdle™ Set on a level surface free from obstructions.
- The Quick Cone Hurdle™ Set 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 Quick Cone Hurdle™ Set.

For more information regarding the Quick Cone Hurdle™ Set
or other training products and programs, contact:

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

QUICK CONE HURDLE™ SET

The Quick Cone Hurdle™ Set is a portable training tool designed to improve explosive jumping power and knee lift during plyometric training. The unit consists of twelve (12) 7-in. PVC cones, six (6) crossbar connectors, and twelve (12) 18-in. crossbars. The units can be configured as traditional hurdles or arranged in alternative patterns using the pre-drilled holes in the PVC cones. The pre-drilled holes allow variable heights of 3-in. at the bottom hole and 5-in. in the middle hole. The top height is 8-in.

QUICK CONE HURDLE™ SET PREPARATION AND ADJUSTMENT

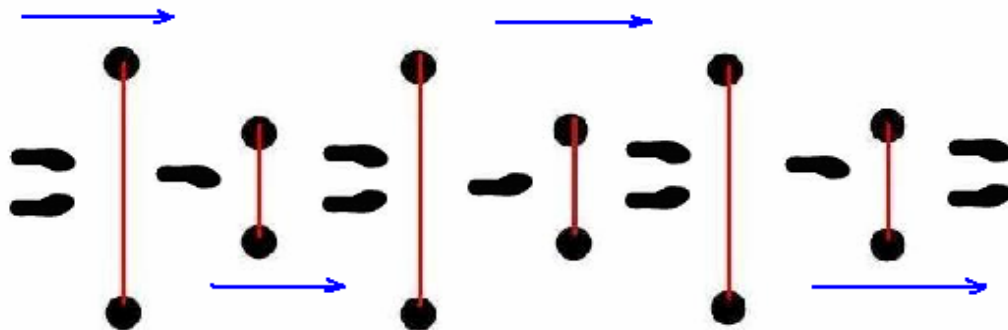
Due to the high-intensity of plyometric training, only configure the Quick Cone Hurdle™ Set on a level surface that is free from obstructions that could interfere with training. Suitable surfaces include grass practice or game fields, gymnasiums, and outdoor tracks. AVOID training on concrete flooring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

EXERCISES:

1. HOP SCOTCH JUMPS:

Starting Phase: Begin by setting up 6 rows of cones. In the first row, set two cones 36-in. apart. In the second row, set two cones 18-in. apart. Continue setting up the rows of cones, alternating the width in this manner, until all cones are set up. Next, make three 36-in. crossbars by connecting two 18-in. crossbars with a crossbar connector. Place them across the 36-in. wide rows. Use single crossbars for the 18-in. wide rows. (Three bars will remain unused.) The height of the hurdles should be determined by your coach or trainer.

Action Phase: Stand at first hurdle with feet shoulder-width apart and knees slightly bent. Jump over the first hurdle with both feet and land on one foot on the opposite side. Jump over the second hurdle with the one foot and land on both feet. Continue this pattern to the end of the hurdle rows. The number of repetitions and sets should be determined by your coach or trainer.



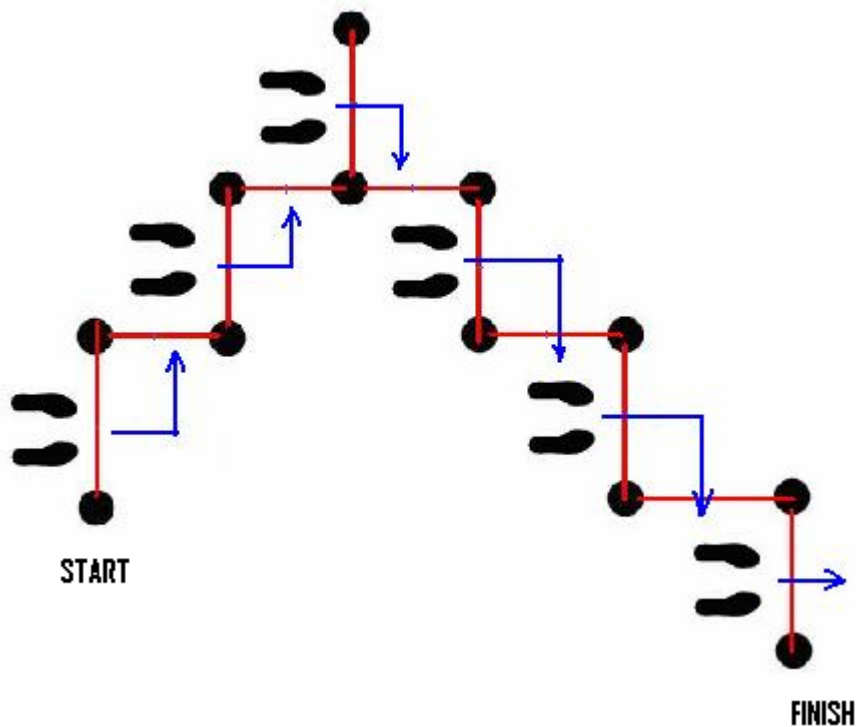
Training Tip: Up to 15% of vertical height can be attributed to upper body movement. Emphasize a powerful arm-swing with each jump to maximize power production.

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2. MULTI-DIRECTIONAL JUMPS:

Starting Phase: Using all twelve (12) cones and eleven (11) 18-in. crossbars, set up Quick Cone Hurdle™ Set as shown in the pattern below. Hurdle heights may vary according to training goals, and coach, or trainer recommendations.

Action Phase: Begin with feet shoulder width apart and knees slight bent. Jump forward with both feet over first hurdle. Then jump laterally over the next hurdle and forward over the third hurdle. Continue through the rest of the course, repeating pattern. The number of repetitions and sets should be determined by your coach or trainer. This configuration of the Quick Cone Hurdle™ Set will promote both lateral and linear training during the same drill.



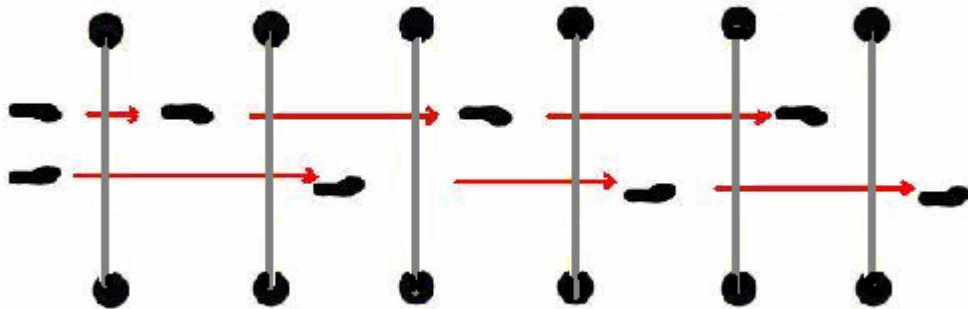
Training Tip: When the athlete is proficient using two feet, have them jump through the hurdles using one-leg or have them alternate legs between hurdles.

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3. HIGH KNEE/LONG STRIDE DRILL:

Starting Phase: Set up Quick Cone Hurdle™ Set as shown in pattern below. Position the hurdles 3-4 feet apart. Make the six (6) 36-in. crossbars by connecting two 18-in. crossbars with a crossbar connector. Hurdle heights may vary according to training goals, and coach, or trainer recommendations.

Action Phase: Feet should be shoulder-width apart and knees slightly bent. Begin by striding over the first hurdle with one leg. The second leg should stride and extend over the second hurdle. The goal is to improve knee lift and stride length gradually and safely. The number of repetitions and sets should be determined by your coach or trainer.



Training Tip: When the athlete becomes more proficient, lengthen the stride distance and hurdle height

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, resistance training or cardiovascular conditioning.
- It is highly recommended to allow 48-72 hours between training sessions.
- 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.

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