

The Power Behind Performance®

**Power Stepper™ Intermediate
Power Stepper™ Advanced
Power Stepper™ Elite**

**IMPORTANT INFORMATION
PLEASE READ AND KEEP**

DISCLAIMER

The following guidelines should be observed when using the Power Stepper™ Intermediate, Advanced, or Elite.

- 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.
- Inspect the wraps and tubing for breaks and other damage before each use. **DO NOT USE IF DAMAGED – REPLACE IMMEDIATELY.**
- The Power Stepper™ Intermediate, Advanced, or Elite 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 Stepper™ Intermediate, Advanced, or Elite.

For more information about the Power Stepper™ Intermediate, Advanced or Elite or other training products, contact

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

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EXERCISES

Lunges

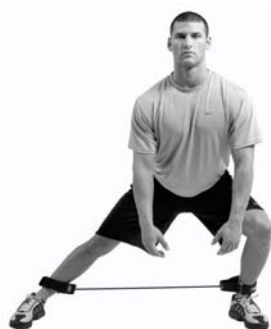


Starting Phase: Place the straps around each leg slightly above the ankle joint. Feet should be shoulder-width apart with hips and feet facing forward. Arms should be hanging freely down to the sides.

Action Phase: Step forward about 3 feet with one leg. The knee and foot of the lead leg should be at approximately a 90-degree angle once the body is lowered into the final position. The trail leg should be straight or slightly bent. Push off the lead leg to return to starting position. Repeat with same leg or opposite leg.

Training Tip: The number of sets and repetitions should be determined by your coach or trainer.

Lateral Lunges



Starting Phase: Place the straps around each leg slightly above the ankle joint. Feet should be shoulder-width apart with the hips and feet facing forward. Arms should be hanging freely down in front of the body.

Action Phase: Step laterally 18 to 24 inches. The knee of the lead leg should remain over the ankle and face the same direction as the foot. The opposite leg should be fully extended and remain in its starting location. The head and chest should remain lifted. Return to the starting position and repeat with the same leg or opposite leg.

Training Tip: The number of sets and repetitions should be determined by your coach or trainer.

Lateral Kicks



Starting Phase: Place the straps around each leg slightly above the ankle joint. Feet should be shoulder-width apart and knees slightly bent.

Action Phase: Begin by shifting the weight to one foot and lifting the opposite foot off the ground, leading with the knee. Bring the hands up toward the head as if to assume a fighting position. Raise the knee to a comfortable height and turn the leg inward, forcing the foot to move away from the body. Straighten the leg as if to perform a karate side kick. Return to the starting position and repeat or change legs.

Training Tip: The support leg is working just as hard as the kicking leg to maintain balance and support. The number of sets and repetitions should be determined by your coach or trainer.

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Walking Lunges



Starting Phase: Place the straps around each leg slightly above the ankle joint. Feet should be shoulder-width apart with hips and feet facing forward. Arms should be hanging freely down to the sides.

Action Phase: Step forward about 3 feet with one leg. The knee and foot of the lead leg should be at approximately a 90-degree angle once the body is lowered into the final position. The trail leg should be straight or slightly bent. Continue to move forward with the trail leg repeating the same action as the lead leg.

Training Tip: The number of sets or repetitions or the distance should be determined by your coach or trainer.

Front Kicks



Starting Phase: Place the straps around each leg slightly above the ankle joint. Feet should be shoulder-width apart and knees slightly bent.

Action Phase: Begin by shifting the weight to one foot and lifting the opposite foot off the ground, leading with the knee. Bring the hands up toward the head as if to assume a fighting position. Raise the knee to a comfortable height and straighten the leg as if to perform a karate front kick. Return to starting position and repeat.



Training Tip: The number of sets or repetitions or the distance should be determined by your coach or trainer.

Lateral Shuffles



Starting Phase: Place the straps around each leg slightly above the ankle joint. Stand with the feet apart so there is slight resistance from the tubing. Hips and feet should be facing forward. Begin in a three-quarter squat position. Arms should be hanging freely down in front of the body.

Action Phase: Step laterally 12 to 18 inches. The knee of the lead leg should remain over the ankle and face the same direction as the foot. The opposite leg will follow by stepping slightly less than 12 to 18 inches. The head and chest should remain lifted.

Training Tip: There should be tension on the tubing throughout the exercise. The number of sets and repetitions should be determined by your coach or trainer.