

The Power Behind Performance®

AGILITY POLES™

**IMPORTANT INFORMATION
PLEASE READ AND KEEP**

DISCLAIMER

The following guidelines should be observed when using the Agility Poles™.

- 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 Agility Poles™ on a level surface free from obstructions.
- The Agility Poles™ 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 Agility Poles™.

For more information on the Agility Poles™
or other training products and programs contact:

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

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AGILITY POLES™

Agility Poles™ are a portable training tool designed to promote an athlete's ability to make quick, deliberate cuts while training for their sport position. The unit consists of six (6) hard PVC bases and six (6) hard PVC poles, which slide into the hole on the bases.

This guide offers several drills for using Agility Poles™. You can also create your own drills. For best results, use drills that are specific to your particular sport or workout.

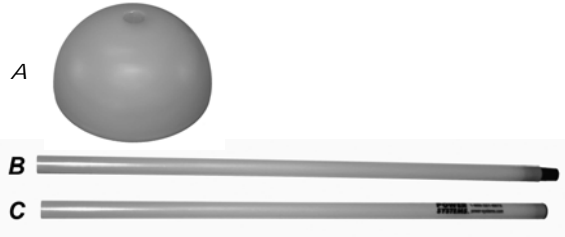
ASSEMBLY

Parts Included / Quantity

PVC Base Unit (A) – 6

PVC Agility Pole Lower Unit (B) – 6

PVC Agility Pole Upper Unit (C) – 6



How to Assemble Each Unit:

1. Insert Lower Unit (B) into Upper Unit (C) until black connector is no longer visible (Fig. 1).
2. Insert Agility Pole into opening of Base (A) (Fig. 2). *Note: For additional stability add sand to inside of PVC base units.*

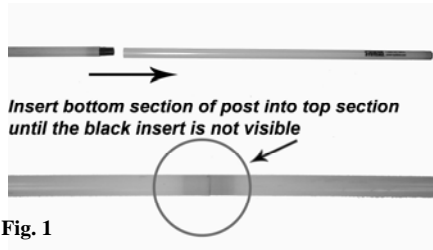


Fig. 1

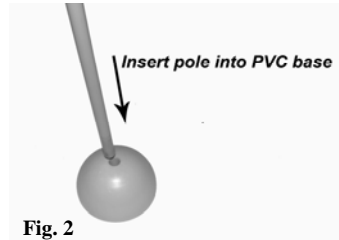


Fig. 2

AGILITY POLES™ PREPARATION AND ADJUSTMENT

Due to the high-intensity and rapid change in direction of these drills, only configure the Agility Poles™ on a level surface that is free from obstructions. Suitable surfaces include grass practice or game fields, gymnasiums and outdoor tracks. **AVOID** training on concrete flooring and gravel surfaces as the ground may contain small objects that could cause an athlete to slip and suffer injury.

AGILITY POLE™ DRILLS:

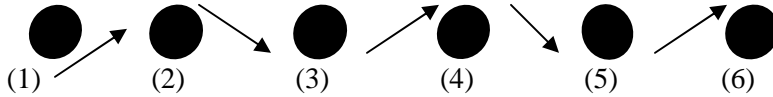
The Agility Poles™ are designed for speed and quickness training regimens, which help improve an athlete's reaction time and ability to change direction without the loss of speed. Listed below are several drills that can be added to an agility and quickness training program.

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THE SLITHER:

Starting Position: Position the six Agility Poles™ in a straight line on a level surface that is free from obstructions. Set each pole approximately 5-6 feet apart. (This distance will vary depending on the population that is training and the degree of change of direction that is needed for the specific sport position). Begin by standing on the right side of pole (1) in a low athletic stance, anticipating the “go” command.

Action Phase: From the starting position, step around pole (1) with the inside foot at a diagonal. Once the body is positioned in front of the pole, take a few steps, as if running forward. Stay in a low athletic stance due to the sudden stops and changes of direction needed to move around pole (2). After reaching pole (2), step with the inside foot at a diagonal to position the body in front of pole (3). Continue this pattern until the last pole is reached.

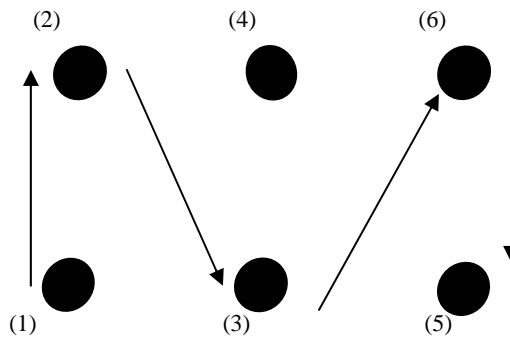


Training Tip: The specificity of the sport will determine the distance between agility poles.

THE ZIG-ZAG:

Starting Position: Set up the six Agility Poles in two straight rows, placing the poles 3-4 feet apart in each row. The distance between the rows should be 6-8 feet. Begin by standing on the outside of pole (1), in a low athletic stance, anticipating the “go” command.

Action Phase: From the starting position, begin running forward to pole (2), positioned directly in front of pole (1). Stay in a low athletic stance to anticipate a sudden change of direction. After reaching pole (2), quickly change direction and circle around pole (2). Perform a lateral shuffle diagonally toward pole (3), positioned approximately 3-4 feet from pole (1). Continue this pattern for the duration of the drill.

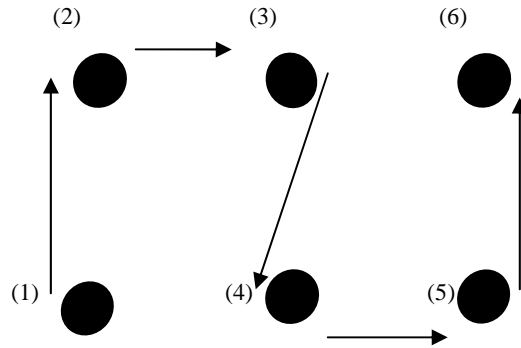


Training Tip: Each run between the Agility Pole™ may vary to target the athlete’s sport-specific training needs. The distance between each pole may also vary due to different training techniques. Be safe and creative while designing a program.

THE DEUCE:

Starting Position: The set up pattern for the Agility Poles™ is the same as The Zigzag drill above, but the pole numbering is different.

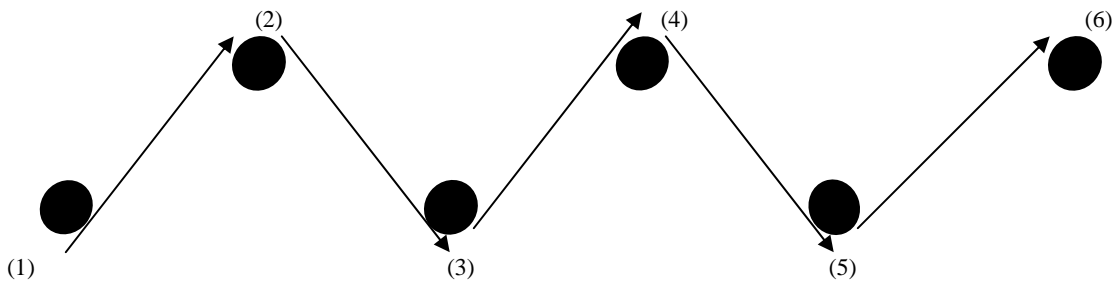
Action Phase: Start by running laterally from pole (1) to pole (2). Next, change direction by circling around the outside edge of pole (2) and running in a straight line to the outside edge of pole (3). Staying in a low athletic stance while keeping the torso contracted will aid in direction change and stabilization. Continue running this pattern until the last pole is reached.



THE SALOM:

Starting Position: Position the six Agility Poles™ in a zigzag arrangement that allows for sharp changes in directions. The poles should be set 5-6 feet apart. The distance between poles may vary depending on the athletes sport position and current skill level.

Action Phase: Start by standing on the right side of pole (1). This drill calls for quick direction changes, so be sure to maintain a low athletic stance for a smooth transition. With the left shoulder next to pole (1), begin running until the right shoulder touches pole (2). Continue running this pattern to pole (3) and so forth until the last pole is reached.



Training Tip: Move the Agility Poles™ closer to get more of a challenge.