

The Power Behind Performance®

OUTDOOR AGILITY POLES™

**IMPORTANT INFORMATION
PLEASE READ AND KEEP**

DISCLAIMER

The following guidelines should be observed when using the Outdoor 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 Outdoor Agility Poles™ on a level surface free from obstructions.
- The Outdoor 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 Outdoor Agility Poles™.

For more information regarding the Outdoor Agility Poles™
or other training products and programs, contact:

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www.power-systems.com
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OUTDOOR AGILITY POLES™

Outdoor 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 stakes and twelve (12) hard PVC poles. Each Outdoor Agility Pole™ consists of two hard PVC pieces that slide together and one stake.

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

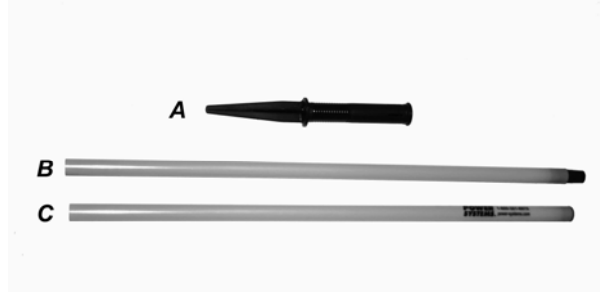
ASSEMBLY

Parts Included / Quantity

PVC Stake with Metal Spring (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 PVC Stake (A) (Fig. 2). To help facilitate insertion twist the pole as it is inserted into stake. *Note: If ground is firm it is advised to drive stake alone into ground using a rubber mallet or similar instrument then insert the PVC pole into the stake. Attempting to force stake in with pole attached can cause the pole to break and result in possible injury.*
3. Insert entire unit or stake alone (see above) into the training surface until the prong of the stake is no longer visible. *Note: Failure to fully insert each stake can result in the pole suddenly coming out of ground when struck. This sudden movement can result in injury.*

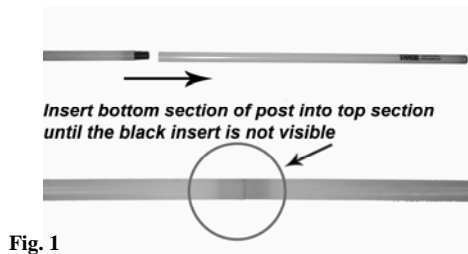


Fig. 1



Fig. 2

OUTDOOR AGILITY POLES™ PREPARATION AND ADJUSTMENT

Due to the high-intensity, and the rapid change in direction of these drills, only configure Outdoor Agility Poles™ on a level surface that is free from obstructions. Suitable surfaces include grass practice or game fields. AVOID training on open fields because they may contain obstructions or small objects that could cause an athlete to slip and suffer injury.

The Outdoor 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 Outdoor Agility Poles™ in a straight line on a level surface that is free from obstruction. 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 and 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 pole, take a few steps, as if running forward. Stay in a low athletic stance due to 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.

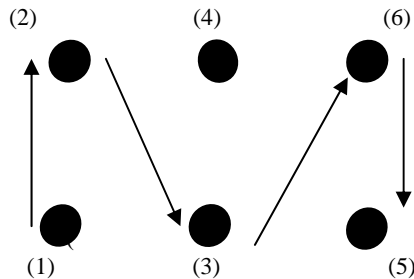


Training Tip: The specificity of the sport will determine the distance between agility poles

THE ZIG-ZAG:

Starting Position: Set up the six Outdoor 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 Outdoor Agility Pole™ may vary to target the athlete’s specific-sport training needs. The distance between each pole may also vary due to different training techniques. Be safe and creative while designing a program.

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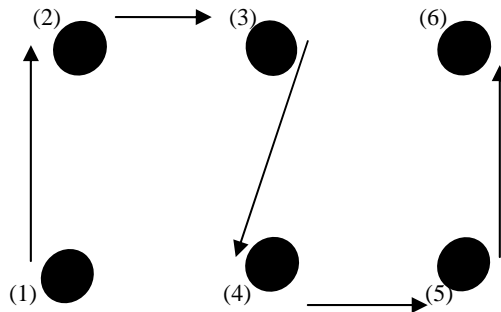
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THE DEUCE:

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

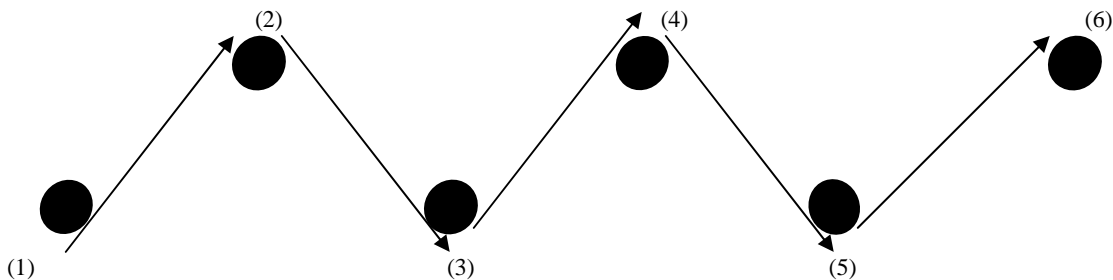
Action Phase: Start by running laterally from pole (1) to pole (2). Next, change direction by circling around the outside edge of pole (2) and running in a straight line to the outside edge of pole (3). Staying in a low athletic stance while keeping the torso contracted will aid in direction change and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



THE SALOM:

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

Action Phase: Start by standing on the right side of the 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 Outdoor Agility Poles™ closer to get more of a challenge.

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