

The Power Behind Performance®

Agility Rings™

IMPORTANT INFORMATION
PLEASE READ AND KEEP

DISCLAIMER

The following guidelines should be observed when using Agility Rings™.

- Always consult your physician before participating in any physical activity.
- Read all instructions carefully before using.
- Always use Agility Rings™ on a level surface free from obstructions.
- Avoid exposing Agility Rings™ to sunlight or water for prolonged periods.
- Agility Rings™ are not a toy! Adult supervision is required at all times.
- Power Systems Inc. assumes no liability for accidents, injuries, or damages that may occur with the use of Agility Rings™.

For more information on Agility Rings™
and other training products, contact:

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

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AGILITY RINGS™

Agility Rings™ are a portable footwork training tool designed to enhance quickness and agility. The set contains twelve (12) rings that can be used in a variety of training patterns. Small clips are included with the Agility Rings™ so they can be attached together.

This guide offers several drills for use with Agility Rings™. However, the number of possible drills using Agility Rings™ is as broad as your imagination. For best results, use drills that are specific to your particular sport and position.

PREPARATION FOR USE

1. Place Agility Rings™ on a level surface free from any obstructions. Ideal surfaces include but are not limited to gymnasium floors, running tracks, and practice fields.
2. Perform a thorough warm-up that includes stretching and light exercise before exerting maximal effort. Agility Rings™ can be used as a warm-up by performing the drills at half to three-quarters speed.

TRAINING RECOMMENDATIONS

Use Agility Rings™ on days when you normally do footwork and agility drills. Also, use Agility Rings™ before strength training if both are to be done on the same day. It is best to perform agility and speed drills first, when concentration and energy are at peak levels.

FREQUENCY: Perform 2-3 workouts with Agility Rings™ per week. Allow 48-72 hours between workouts.

NUMBER OF DRILLS: Select 4-6 drills / patterns per workout.

NUMBER OF SETS: Perform 1-3 sets of each drill / pattern.

Note: Keep the total number of sets performed during any one session under 12. Beginner 4-6 sets. Intermediate 7-9 sets. Advanced 10-12 sets.

DURATION: Each drill requires maximum effort if improvements in quickness and agility are desired. Therefore, keep each drill short in duration, 10-20 seconds or 6-10 complete pattern cycles.

REST / RECOVERY: Allow sufficient time between sets so that maximum effort can be given to each drill; 1-3 minutes should be adequate.

Consult your coach or another qualified individual when designing your training program.

DRILLS

The following are some of the most common drills for using Agility Rings™. Use these drills as a starting point to develop your own drills that focus on your specific sport(s).

1. The Tire Run: Works on explosiveness
2. The Honeycomb: Works on muscular endurance, balance, and plyometrics
3. Hopscotch: Works on plyometrics and balance

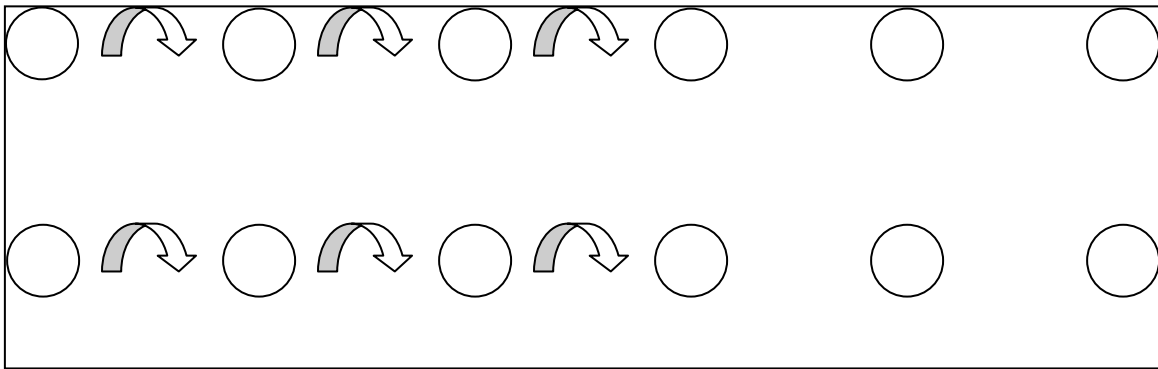
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THE TIRE RUN

Starting Position: Place six (6) Agility Rings™ in a line, spacing them 2-3 feet apart. Next, place the remaining six (6) Agility Rings™ in another line parallel to the first, spacing them 2-3 feet apart. The two lines should be 2-3 feet apart also. Begin by standing at the end of the two lines in an athletic stance with feet together. This drill will require high knee lift; the core must remain tight throughout the entire drill to keep control of the body.

Action Phase: Keeping the athletic stance, begin to flex one leg at the hip, which will cause the knee to lift up. After the knee is lifted parallel to the hips, begin the extension phase of this drill and place the leg so that the foot is positioned in the center of the Agility Ring™. Once the foot has been planted in the ring, begin hip flexion and extension with the other leg and position it in the center of the second Agility Ring™. Continue this pattern of hip flexion and extension and knee drives while driving the body forward through the remainder of the Agility Rings™. The motion of the drill will look as if you are running through tires.

Training Tip: Remember that this drill works on foot speed and explosiveness, so try to land on the ball of the foot for easy rebounding. Another drill to perform using the Agility Rings™ is skaters, which uses a gliding motion to travel between the rings.



THE HONEYCOMB

Starting Position: Place all twelve (12) Agility Rings™ in an open area that is free from obstruction. This pattern will resemble two small triangles that connect at the base. Place one Agility Ring™ on the ground for the top of the triangle. Next, place two more Agility Rings™ in a row underneath the first ring; set them approximately 2 feet from the first ring (see diagram). The last row, or base, of the triangle will have three Agility Rings™, set them approximately 2 feet from the second row. Set up the remainder of the Agility Rings™ in the same pattern but in the opposite direction.

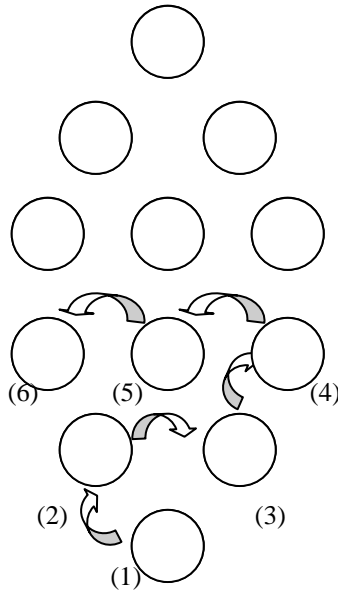
Action Phase: Start by standing in Agility Ring™ (1) with the feet together. Bend at the hips and knees, and jump at a diagonal to Agility Ring™ (2). From Agility Ring™ (2), jump laterally to Agility Ring™ (3). Continue this pattern to the end of the Agility Rings™.

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HONEYCOMB DRILL:



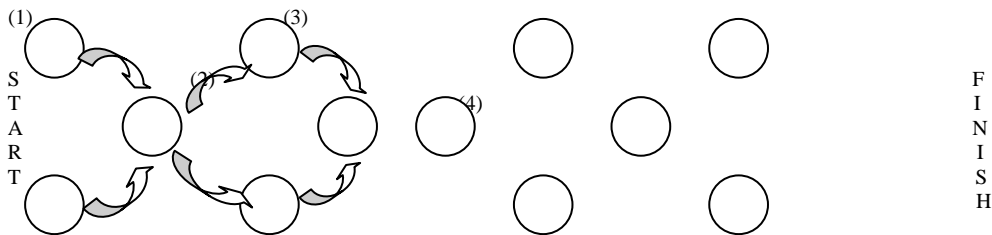
Start

HOPSCOTCH

Starting Position: Place all twelve (12) Agility Rings™ on a level surface that is free from obstruction. Start your hopscotch pattern by placing two Agility Rings™ on the ground approximately two feet apart, or shoulder-width. Next, place one Agility Ring™ in the center of the first two rings, approximately 2-3 feet away. Repeat the pattern by placing two more Agility Rings™ approximately 2 feet apart and 2-3 feet from the single ring. Again, position the next ring in the center of the last two rings, approximately 2-3 feet away. Place another single ring approximately 2-3 feet away from the last single ring. Continue this pattern for the remainder of the rings. See diagram.

Action Phase: Begin this drill by jumping forward with both feet and landing with one foot in each of the first two Agility Rings™. Next, jump with one foot and place it in the single ring (2) while holding the other foot in the air. From the single-foot landing, jump with both feet and land in the second set of Agility Rings™ (3). Continue this single- and double-foot landing for the remainder of the Agility Rings™.

Training Tip: Instead of landing with one foot in the single rings, try jumping with both feet. Try to jump and land with both feet during the entire drill making sure to land in every ring.



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