

The Power Behind Performance®

VersaRings™

IMPORTANT INFORMATION
PLEASE READ AND KEEP

DISCLAIMER

The following guidelines should be observed when using VersaRings™.

- Always consult your physician before participating in any physical activity.
- Read all instructions carefully before using.
- Always use VersaRings™ on a level surface free from obstructions.
- Avoid exposing VersaRings™ to sunlight or water for prolonged periods.
- VersaRings™ 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 VersaRings™.

For more information on VersaRings™
and other training products, contact

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www.power-systems.com
1-800-321-6975

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VersaRings™

VersaRings™ are a portable footwork training tool designed to enhance quickness and agility. The set contains 12 multicolored rings that can be used in a variety of training patterns. VersaRings™ are made of soft, durable PVC and are recommended for indoor use.

This guide offers several drills for use with VersaRings™. However, the number of possible drills using VersaRings™ 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 VersaRings™ on a level surface free from any obstructions. Ideal surfaces include but are not limited to gymnasium floors and group exercise floors.
2. Perform a thorough warm-up that includes stretching and light exercise before exerting maximal effort. VersaRings™ can be used as a warm-up by performing the drills at half to three-quarters speed.

TRAINING RECOMMENDATIONS

Use VersaRings™ on days when you normally do footwork and agility drills. Also, use VersaRings™ 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 VersaRings™ 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 VersaRings™. 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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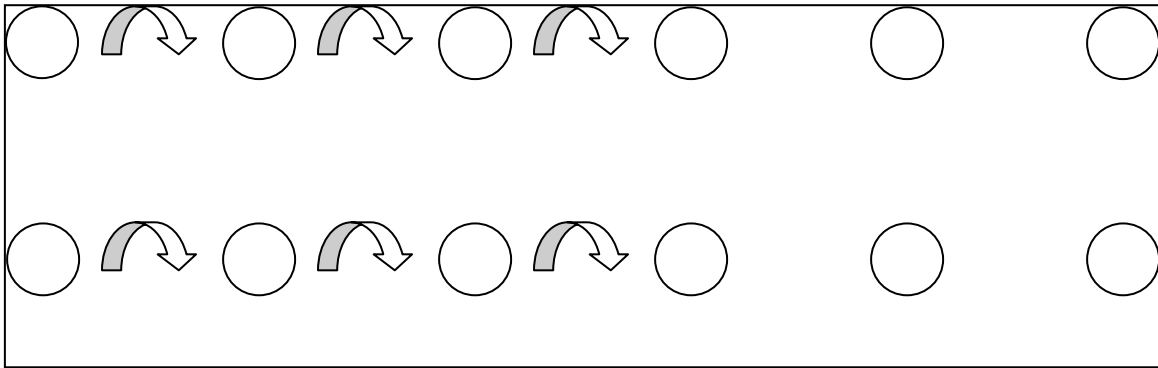
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THE TIRE RUN

Starting Position: Place six VersaRings™ in a line, spacing them 2-3 feet apart. Next, place the remaining six VersaRings™ 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 VersaRing™. 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 VersaRing™. Continue this pattern of hip flexion and extension and knee drives while driving the body forward through the remainder of the VersaRings™. 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 VersaRings™ is skaters, which uses a gliding motion to travel between the rings.



THE HONEYCOMB

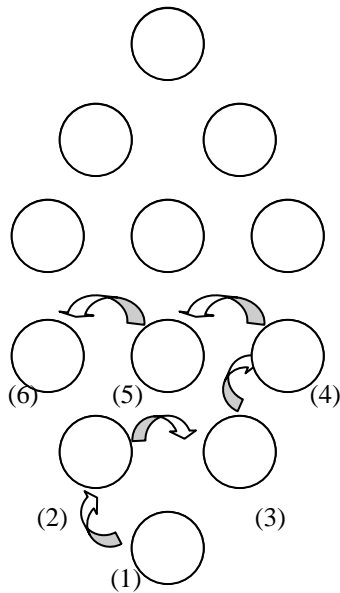
Starting Position: Place all 12 VersaRings™ in an open area that is free from obstruction. This pattern will resemble two small triangles that connect at the base. Place one VersaRing™ on the ground for the top of the triangle. Next, place two more VersaRings™ in a row underneath the first ring; set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

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

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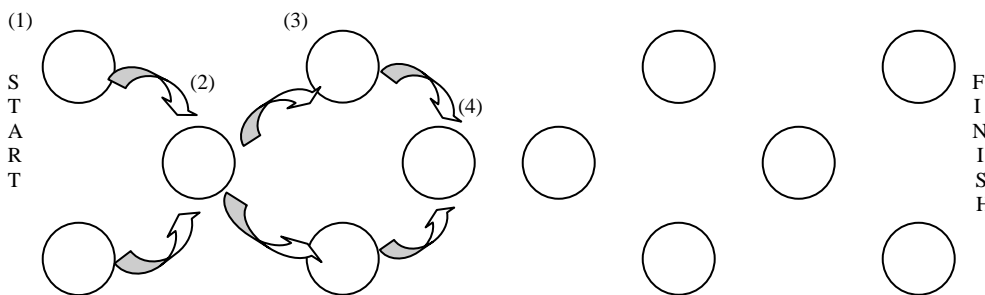
Start

HOPSCOTCH

Starting Position: Place all 12 VersaRings™ on a level surface that is free from obstruction. Start your hopscotch pattern by placing two VersaRings™ on the ground approximately 2 feet apart, or shoulder-width. Next, place one VersaRing™ in the center of the first two rings, approximately 2-3 feet away. Repeat the pattern by placing two more VersaRings™ 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 VersaRings™. 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 VersaRings™ (3). Continue this single- and double-foot landing for the remainder of the VersaRings™.

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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