



***The Power Behind Performance®***

# **TORSO TRAINER™ PLUS**

**IMPORTANT INFORMATION  
PLEASE READ AND KEEP**

## **DISCLAIMER**

The following guidelines should be observed when using the Torso Trainer™ Plus.

- Always consult your physician before participating in any physical activity.
- Read all instructions carefully before using.
- Inspect the Torso Trainer™ Plus and bungee for cracks, tears, and other damage prior to each use. **DO NOT USE IF DAMAGED – REPLACE IMMEDIATELY.**
- Never release the Torso Trainer™ Plus while bungee is under tension.
- The Torso Trainer™ Plus is intended for use only as described in this document. Other uses are not recommended.
- Power Systems, Inc. assumes no liability for injuries, accidents or damages that may occur with the use or misuse of the Torso Trainer™ Plus.

For more information regarding the Torso Trainer™ Plus  
or other training products, contact:

Power Systems Inc.  
[www.power-systems.com](http://www.power-systems.com)  
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# **TORSO TRAINER™ PLUS**

The Torso Trainer™ Plus is a versatile training device that targets training of the core musculature. The unit consists of a steel bar with neoprene grips and a 7-foot length of bungee cord. The bungee cord has two steel carabineers on each end that attaches to the eyebolt on the steel handle. The other end of the bungee cord is equipped with an attachment that allows the unit to be anchored securely in a door jam or wrapped around a stationary object.

The Torso Trainer™ Plus is designed to provide resistance during drills that target the development of the core muscles of the body. A base level of strength in the arms and hands is required to safely train with the Torso Trainer™ Plus. Individuals with a history of deficiencies in shoulder function and/or diminished grip strength or overall hand function should consult with a health professional before training with the Torso Trainer Plus™.

It is important to understand that as the bungee cord is lengthened that the resistance increases. The maximum safe stretch for the Torso Trainer™ Plus bungee cord is one-half times its unstretched length, or 10 feet. **Do not stretch the bungee cord more than one-half times its original unstretched length. The unstretched Torso Trainer™ Plus bungee cord is 7 feet long. Therefore, the maximum safe stretch is 10 feet. Over stretching the bungee cord may exceed the elastic limit of the bungee and result in the bungee to snap or tear. The best way to avoid over stretching the bungee cord is to mark off your training area with a visible marker.**

This guide will outline several different training drills for use with the Torso Trainer™ Plus.

## **PREPARATION FOR USE:**

1. Inspect the bungee cord and steel handle prior to every use. Look for any cracks, tears or other damage. Pay extra attention to the carabineer and door attachment, as these are the points of greatest stress and wear. **DO NOT USE IF DAMAGED – REPLACE IMMEDIATELY.**
2. Mark off your training area with a marker of your choice to avoid over stretching the tubing. It is recommended to begin each exercise with a minimal amount of tension on the bungee cord. The exercises listed below can be completed without exceeding the stretch limit of the bungee. When developing additional training drills, remember that the bungee cord should never be stretched more than 10 feet.
3. Use the carabineer to securely fasten the bungee cord to the steel handle. **Double check the connection to insure that the carabineers are completely coupled.** If any cracks, tears or other damage is observed consult a Power Systems service professional to obtain replacement and warranty information. **DO NOT USE** if damaged, serious injury could result.
4. Attach the bungee cord securely. Position the door attachment on the side with hinges so that the anchoring mechanism is on the opposite side of the door. Place the attachment at the desired height and close the door. **Lock or latch the door to be sure the door is closed and to prevent someone from opening the door during the exercise. NEVER attempt to secure the door attachment above or below a door as serious injury could result.** The loop at the end of the bungee cord also allows for the cord to be secured around a stationary object. To attach using this method, place the bungee cord around the object and thread the carabineer through the loop and pull the tubing until it is tightened around the object. This step needs to be performed prior to attaching the steel handle to the bungee cord. **BE CERTAIN that object will remain stationary when the bungee is stretched.** Recommended objects include chain link fences, basketball poles, goal posts, and weight racks.

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## **EXERCISES:**

### **CORE TWISTS:**

**Starting Position:** After securely anchoring bungee at waist level grasp the Torso Trainer™ Plus so the pad is resting on the back and the forearms are resting on the handles of the Torso Trainer™ Plus. Position feet approximately shoulder width apart. Keep torso erect and knees slightly bent. The shoulders should be perpendicular with the door/anchor.

**Action:** While maintaining a firm grasp, twist at the waist away from the door/anchor. The shoulders should lead through the movement with secondary rotation occurring at the knees and ankles. To reduce the risk of joint injury, pivot on the balls of the feet during this movement. Continue to rotate until the shoulders are parallel with the door/anchor. In this position the knees should point away from the door/anchor. Pause briefly before slowly returning to the starting position. Repeat for desired number of repetitions or specified interval. Turn and repeat in opposite direction of rotation.

**EXAMPLE:** If set one resulted in clockwise rotation, set two should be in the counter-clockwise direction.

**Variations:** Vary the height of the door anchor. A low or high position will result in a diagonal plane of movement, similar to a chopping action. This will help insure that all core muscles are targeted. Twisting drills can also be performed from a seated position to focus directly on upper body development.



### **FRONT TWIST:**

**Starting Position:** Bungee must be anchored at the lowest possible point in order to perform this drill. Grasp the Torso Trainer™ Plus so that the pad is touching the chest area and the handles are pointed away from the body. Position the body so that the shoulder is aligned with the door/hinge. The feet are hip width apart with a slight bend in the knees. The core should remain tight during this entire exercise and the arms need to be held straight.

**Action:** While keeping the arms extended perform the first step which is a twist in the torso contracting the abs. With the twisting motion the inside foot will begin to pivot inward. While twisting the core raise the arms as if you were throwing something in the air. The twist and arm raise should continue until the handles are just above or level with the head. In order to effectively work the muscles concentrically and eccentrically, this movement must be carefully controlled. Perform 10 repetitions with each side, rest, and repeat.

**Variation:** To train in a more unstable environment place a balance disc under each foot or perform the drill in a seated position. Be sure that the area is free of obstructions, as the risk of falling is increased during these advanced drills.



## **POWER PIVOT:**

Starting Position: Position the door anchor at hip level and grasp Torso Trainer™ Plus handles with hands so the pad is resting on the back. Position the body so that the hip and the bungee are on the same side. Have a slight bend in the knees and the torso fully erect.

Action: With the feet positioned shoulder width apart keep the outside leg stationary and stay on the ball of the foot. Perform a pivot by stepping across the body so that your back ends up facing the bungee. Be sure to keep the core muscles tight while performing this pivot action. Use the opposite hand to help steady the Torso Trainer™ Plus. Continue to rotate until you have performed a full pivot and you feel the resistance from the bungee. Be sure to perform these pivots in a controlled manner. Return to the starting position. Repeat in opposite direction.

## **TRAINING RECOMMENDATIONS:**

Use the Torso Trainer™ Plus as a component of your strength workouts. Perform 2-3 sets of each exercise that is prescribed during the time allotted for core development. As with any muscle group it is important to refrain from a volume and frequency that could result in overtraining syndrome. Allow 24-48 hours between core development sessions. Use a variety of exercises to maintain user motivation and concentration. Your coach or other qualified professional can assist you with designing a workout that is both challenging and safe.

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