



*The Power Behind Performance®*

**VERSADISC® PRO**  
**VERSADISC®**

**IMPORTANT INFORMATION**  
**PLEASE READ AND KEEP**

For more information on VersaDisc® Pro and VersaDisc®  
or other training products and programs contact:

**Power Systems, Inc.**  
**1-800-321-6975**  
**[www.power-systems.com](http://www.power-systems.com)**

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# WARNING

## Power Systems Product Safety Notice

VersaDisc® Pro and VersaDisc® offer a dynamic training environment for a variety of exercises at a variety of difficulty levels. Serious injury can occur when not used properly. Power Systems VersaDisc® Pro and VersaDisc® are intended for use only as described in the enclosed instructions. Other uses are not recommended. In addition to the enclosed instructions for use, please observe the following precautions each and every time before using your VersaDisc® Pro and VersaDisc®.

- Inspect the VersaDisc® Pro and VersaDisc® prior to each use. Look for any nicks, tears, punctures, or other defects that may cause the disc to break.
- DO NOT use VersaDisc® Pro and VersaDisc® if damage or defects are found. Discard and contact a Power Systems representative for warranty information and replacements.
- Avoid exercises that involve placing the VersaDisc® Pro and VersaDisc® on an un-level surface as the disc could suddenly shift resulting in injury to the user.
- Only use the disc in an open space away from furniture, walls or other equipment. Inspect the floor surface for any small objects that could puncture the disc.
- The discs load limit is 300 pounds or 136 kilograms. Avoid subjecting the VersaDisc® Pro and VersaDisc® to dynamic loading that is in excess of this limit, as the high-density polymer could rupture resulting in injury to the user.
- Maintain optimal posture when exercising on the disc. To avoid possible back and joint injuries, do not bounce on the disc while exercising.
- Never use tape of any kind to attach the VersaDisc® Pro and VersaDisc® to stationary objects, or to deform the shape of the disc.
- Avoid prolonged exposure to sunlight.
- Keep VersaDisc® Pro and VersaDisc® away from heat, cold and sharp objects. Remove rings before use and avoid footwear with metal spikes or cleats.
- VersaDisc® Pro and VersaDisc® is not a toy. Children should only use with adult supervision.
- Life expectancy of this product is consistent with the amount of usage sustained. As a precaution, stability discs should be replaced every year if used in an institutional or commercial setting and every two years if used strictly for personal use.
- Always consult your physician before beginning any exercise program.
- **POWER SYSTEMS, INC. ASSUMES NO LIABILITY FOR INJURY OR DAMAGES THAT MAY OCCUR WITH USE OF THIS PRODUCT. POWER SYSTEMS WARRANTS THAT THE DESIGN OF THE VERSADISCS™/STABILITY DISCS IS IN CONFORMANCE WITH ALL APPLICABLE DESIGN STANDARDS, RULES, SPECIFICATIONS, REGULATIONS AND PRODUCT QUALITY STANDARDS APPLICABLE TO SUCH VERSADISCS™/STABILITY DISCS, THE INDUSTRY USING THE VERSADISCS™/STABILITY DISCS AND AT THE TIME OF SALE, THE VERSADISCS™/STABILITY DISC SHALL BE FREE FROM DEFECTS IN WORKMANSHIP OR MATERIALS. POWER SYSTEMS EXPRESSLY DISCLAIMS ALL WARRANTIES OF ANY KIND RELATED TO THE VERSADISCS™/STABILITY DISC OR THEIR SPECIFICATIONS OR DESIGNS, WHETHER EXPRESS, IMPLIED OR STATUTORY, INCLUDING WITHOUT LIMITATION THE IMPLIED WARRANTIES OF TITLE, MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE.**

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## **EXERCISES:**

1. **STABILITY TRAINING ON TWO LEGS:** Start by placing the disc on a level surface in an area free from obstructions. Stand on the disc, centering the disc directly beneath the feet. Use a wall or other stationary object to assist you if needed. Maintain a vertical position on the disc for the training programs specified time. Rest and repeat.

For a more ADVANCED drill, attempt to balance on one leg at a time, or with eyes closed. Removing the visual cues your brain processes forces development of other proprioceptive sensors/stabilizers in the body.

2. **BODY WEIGHT SQUATS:** Center the disc under the feet. Attempt to squat down, bending at the hips, knees and ankles until the tops of the thighs are parallel with the exercise surface. Maintain an upright torso at all times, and avoid rocking anterior/posterior or laterally to reduce shear forces on spine and other joints. Perform exercise using a wall of stationary object to assist you if needed.

For a more ADVANCED challenge, attempt to perform the squats using only one leg. Start by using the disc next to a wall or rack that can assist in stabilizing the body. As proprioception and muscle coordination improves, attempt the exercise without external assistance. Dumbbells, Med-balls, or other similar weights can be added for increased difficulty. **IF USING ADDITIONAL WEIGHT BE SURE THAT THE TOTAL WEIGHT THAT THE DISC IS SUBJECTED TO DOES NOT EXCEED 300 POUNDS OR 136 KILOGRAMS.**

3. **LUNGES:** Lunges can be performed in an anterior/posterior direction or laterally, the choice depends on the user's skill level and which pattern is goal specific. Start with the foot of the leg to be exercised centered on the disc. Perform the appropriate lunging motion while attempting to maintain stable contact with the disc. Refrain from allowing the foot to roll on the disc, to reduce the risk of injury. At the limit of the movement pause briefly before returning to the starting position.
4. **PUSH-UPS:** Position the user in the standard push-up position with hands centered approximately under the chest area. Elbows should be in towards the body and a flat body position should be held from head to toe. Center the hands on the disc so that all pressing movements will be directed through the disc towards the exercise surface. If the user feels the body shifting in any direction, reposition and try again. Perform the push-up attempting to minimize the amount the hands shift. For an ADVANCED exercise, attempt performing one-arm push-ups using the same technical precautions mentioned above.

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5. **ABDOMINAL TRAINING:** The VersaDisc® Pro and VersaDisc® can help the user improve core stabilization as an aid during abdominal training. To use the disc for this purpose, position disc on a level surface free from obstructions. Center the buttocks on the disc so that lateral movement is minimal. For more stability keep the feet in contact with training surface while performing the abdominal exercise of your choice. When the skill level of the user increases, lifting the feet off of the training surface while sitting on the disc results in additional instability. Add medicine ball tosses as an additional training stimulus where prescribed by program or coach/trainer.

Many more exercises can be performed using the VersaDisc® Pro and VersaDisc® is the responsibility of the user and or coach/trainer to carefully select exercises that are specific to the goals of the user.

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