



The Power Behind Performance®

VERSASTEP™ PLUS

IMPORTANT INFORMATION PLEASE READ AND KEEP

For more information on VersaStep™ Plus
or other training products and programs contact:

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

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WARNING

Power Systems Product Safety Notice

VersaStep™ Plus offers 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 VersaStep™ Plus is 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 VersaStep™ Plus.

- Inspect the VersaStep™ Plus prior to each use. Look for any nicks, tears, punctures, or other defects that may cause the disc to break.
- DO NOT use VersaStep™ Plus if damage or defects are found. Discard and contact a Power Systems representative for warranty information and replacements.
- Avoid exercises that involve placing the VersaStep™ Plus on an un-level surface as the step could suddenly shift resulting in injury to the user.
- Only use the steps 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 step load limit is 300 pounds or 136 kilograms. Avoid subjecting the VersaStep™ Plus 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 steps. To avoid possible back and joint injuries, do not bounce on the steps while exercising.
- Never use tape of any kind to attach the VersaStep™ Plus to stationary objects, or to deform the shape of the disc.
- Avoid prolonged exposure to sunlight.
- Keep VersaStep™ Plus away from heat, cold and sharp objects. Remove rings before use and avoid footwear with metal spikes or cleats.
- VersaStep™ Plus are 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 VERSASTEPS™ PLUS/STABILITY STEPS IS IN CONFORMANCE WITH ALL APPLICABLE DESIGN STANDARDS, RULES, SPECIFICATIONS, REGULATIONS AND PRODUCT QUALITY STANDARDS APPLICABLE TO SUCH VERSASTEPS™ PLUS/STABILITY STEPS, THE INDUSTRY USING THE VERSASTEPS™ PLUS/STABILITY STEPS AND AT THE TIME OF SALE, THE VERSASTEPS™ PLUS/STABILITY STEPS SHALL BE FREE FROM DEFECTS IN WORKMANSHIP OR MATERIALS. POWER SYSTEMS EXPRESSLY DISCLAIMS ALL WARRANTIES OF ANY KIND RELATED TO THE VERSASTEPS™ PLUS/STABILITY STEPS 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:

For all of the exercises listed below start by placing the VersaStep™ Plus with the wide, flat side down. When proficient turn the step over, placing the curved side on the floor for more instability. Always use a spotter when training with the VersaStep™ Plus. Failure to use a spotter can result in serious injury to the user should they fail to maintain balance.

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

For a more ADVANCED drill turn the step over as this creates more instability. 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 - TWO FEET:** Center the VersaStep™ Plus 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 step 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.

3. **BODY WEIGHT SQUATS – ONE-LEG ON STEP, ONE-LEG ON FLOOR:** Start with feet shoulder width apart. Position the VersaStep™ Plus directly under one foot. Attempt to perform a series of body weight squats keeping the foot on the step stable. Keep the shoulder up and back and remember to sit back when squatting to keep the knees over the feet. Repeat the exercise, placing the VersaStep™ Plus under the opposite foot.
4. **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 steps. Perform the appropriate lunging motion while attempting to maintain stable contact with the disc. Refrain from allowing the foot to roll on the step, to reduce the risk of injury. At the limit of the movement pause briefly before returning to the starting position.

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- 5. STABILITY WALK:** Position the step out in an open area. Start 3' to 6' away from the step. Attempt to walk over the step without altering your gait. For best results attempt to step squarely onto the center of the step. Again, it is important to perform this exercise in a clear area and with the assistance of a spotter for safety. **THIS IS A VERY DYNAMIC EXERCISE. IF YOU HAVE A HISTORY OF ANKLE, KNEE OR HIP PROBLEMS CONSULT A PHYSICIAN PRIOR TO ATTEMPTING THIS EXERCISE.**

Many more exercises can be performed using the VersaStep™ Plus. It 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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