



***The Power Behind Performance®***

**VersaRoll™ 50cm**

**VersaRoll™ 60cm**

### **DISCLAIMER**

The following guidelines should be observed when using the VersaRoll™:

- The maximum loading capacity on the regular VersaRoll™ is 750 lbs. or 341 kg. Static and roll is burst resistant up to 500 lbs. or 227 kg.
- Inspect your VersaRoll™ prior to each use. Look for any nicks, scratches, cuts, worn spots, or any other defect that may cause the roll to break during use.
- **DO NOT USE** roll if damage or other defects are found. Discard and replace immediately. Do not attempt to repair or patch a damaged roll.
- VersaRolls™ are designed for indoor use. Do not use the roll outdoors.
- VersaRolls™ are not toys. Children should only use with adult supervision.
- Only use the VersaRoll™ in an open space away from furniture, walls or other equipment. Inspect the floor surface for any small objects that could puncture the roll.
- Do not exceed the maximum or suggested weight capacity for your roll.
- Do not wear jewelry, rings, watches, belt buckles or other sharp objects that could puncture the roll.
- Maintain optimal posture when exercising on the roll. To avoid possible back injury, do not bounce on the roll while bending or twisting the spine.
- Avoid prolonged exposure to sunlight or water.
- Keep the roll away from direct heat sources such as heaters and fireplaces.
- Life expectancy of this product is consistent with the amount of usage sustained. As a precaution, stability rolls 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.

For more information about the Power Base Trainer™  
and other training products and programs, contact

Power Systems Inc.  
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### **VERSAROLL™ 50cm & 60cm**

VersaRolls™ 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 VersaRolls™ 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 VersaRoll™.

### **Inflation Instructions**

The centimeter size of your VersaRoll™ refers to the **maximum** inflated cylindrical diameter of the roll. Do NOT inflate the roll larger than the indicated roll size or the roll will become weaker, increasing the risk of roll failure/bursting.

IMPORTANT: Rolls must be only partially inflated (80% full) and left unused for a period of 24 hours before first use. After the 24-hour waiting period, rolls can be inflated to the maximum size and used. Failure to inflate properly can result in roll deformation.

Rolls must be measured when inflating to insure the correct diameter of the cylinder of the roll. Mark a line on the wall the distance from the floor that you need your roll diameter to be. A size chart with conversions from centimeters to inches is provided below:

<b>User Height</b>	<b>Recommended Roll Size</b>	<b>Approximate Diameter at 80% of Maximal Inflation</b>	<b>Final Diameter After 24 Hours</b>
5'6" and shorter	50cm	40cm or 16.0"	50cm or 19.5"
5'7" and taller	60cm	48cm or 19.0"	60cm or 23.5"

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Hold a yardstick as level as possible on the side of the roll while inflating. When the yardstick is level with the mark on the wall, your roll is inflated to its maximum diameter. Once the roll is properly inflated, fully insert the plug to seal the roll. Rolls can be used slightly under inflated to fit the individual user; however, never over inflate the roll. Never use sharp objects such as scissors or knives to remove the plug.

***CAUTION: Always use a spotter when exercising with a VersaRoll™. Failure to utilize a spotter can result in serious injury!***

## VersaRoll™ 50cm & 60cm

\*Note: For each of the following exercises, you want to position your body so that it runs perpendicular to the VersaRoll™.

### Crunch

Starting position: Lie supine (on your back) on the VersaRoll™ and position it under your upper back. Your hips are in extension and the glutes are contracted. Your knees should be bent at a 90 degree angle and feet should be spaced about hip width apart. Place hands behind your head, but do not pull, or the hands can be positioned out to the sides and perpendicular to the floor.

Action: Contract your abdominal muscles and squeeze, and then return to the starting position. Repeat 10 times.

### Push-Up

Starting position: To get into the starting position, first lie prone (facing downward) on the VersaRoll™ and place hands on the opposite side of your feet. Slowly walk your hands out forward to the position you want to perform push-ups.

(Note: the further out your hands are, the more you want the VersaRoll™ to roll under your hands. Your hands are positioned somewhat wider than shoulder width. Your arms are straight, abs are tight, and your body is in a straight line.)

User Height	Roll Size
5'1" to 5'7"	55 cm or 22.0"
5'8" to 6'1"	65 cm or 25.5"
6'2" to 6'7"	75 cm or 29.5"

performing push-ups. Your hands are straight, abs are

Action: Perform a push-up by flexing at the elbows until they form a 90 degree angle, and then extend and return to the starting position. Perform 10 repetitions.

### Bridge

Starting position: Lie supine (on your back) on the floor. Place your feet up on the VersaRoll™ and position them so they are about hip width apart. Start with your back flat on the floor with hands out to the sides (in a position where they can help stabilize).

Action: Lift your hips off the floor while squeezing the glutes. At the same time, press your feet straight down into the VersaRoll™ and try to maintain this position. Return to the starting position. Repeat 10 times.

## **Reverse Lunge**

Starting position: Stand in front of the VersaRoll™, bend your left knee behind you while placing the left shin on the VersaRoll™. Your right knee is straight, but not locked out. Place your arms out to the sides for balance.

Action: Bend your right knee until it is at 90 degrees of flexion. Then extend your knee, until it is straight, but not locked, before returning to the starting position. Repeat 10 times and then switch lead legs, positioning your left leg in the front.

## **Superman**

Starting position: Lie prone (facing downward) with the VersaRoll™ positioned in the middle of your torso.

Action: Lift your right arm and left leg until they are both parallel to the floor. Keep the lifted arm and leg straight and hold this position for 1-3 seconds and then relax. (Do not forget to breathe). Alternate sides: lift your left arm and right leg. Perform a total of 10 repetitions.