

The Power Behind Performance®

Economy Power Jumper™

**IMPORTANT INFORMATION
PLEASE READ AND KEEP**

DISCLAIMER

The following guidelines should be observed when using the Economy Power Jumper™.

- Always consult your physician before participating in any physical activity.
- Read all instructions carefully before using.
- Inspect the tubing and attachments for cracks, tears, and other damage before each use. **DO NOT USE IF DAMAGED – REPLACE IMMEDIATELY.**
- Do not stretch the tubing more than three times its unstretched length. The unstretched Economy Power Jumper™ tubing is approximately 24 inches long. Therefore, the maximum safe stretch is 6 feet. Excessive stretching may exceed the elastic limit of the tubing and cause it to snap or tear.
- Never release the tubing while it is under tension.
- The Economy Power Jumper™ is intended for use only as described in this document. Other uses are not recommended.
- Power Systems Inc. assumes no liability for accidents or damage that may occur with the use of the Economy Power Jumper™.

For more information about the Economy Power Jumper™
or other training products, contact

Power Systems Inc.
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ECONOMY POWER JUMPER™

The Economy Power Jumper™ is a plyometric training device designed to improve jumping ability and reaction time with the ground. It allows the athlete to do a series of repeated resistance jumps. The latex tubing provides resistance when the athlete jumps upward and helps pull the athlete back to the ground on descent. To increase the resistance, simply secure the end loops further away from the athlete. The pull back to the ground allows the athlete to perform more jumps in a shorter period of time.

The Economy Power Jumper™ consists of an adjustable waist belt and two 24-inch latex tubes. The latex tubing has a small 3-inch loop on one end and a large nylon loop at the other end. The small loop attaches to the waist belt simply by threading the waist belt through the loop. The larger nylon loop allows two training partners (of similar size) to anchor the tubing to the ground while the athlete performs the drills. The belt may also be arranged so that only one training partner is needed when performing certain exercises.

PREPARATION FOR USE:

1. Warm up thoroughly with stretching and light exercise.
2. Use the Economy Power Jumper™ on a level, nonslip surface that is free from obstructions.
3. Adjust the belt securely around the waist. The two latex tubes should hang down the outside of each leg.
4. Anchor the tubing to the ground by having each of the two training partners place a foot in the large nylon loop at the end of the tubing. The tubes should be anchored 3-4 feet apart to allow sufficient floor space to land.

IMPORTANT: The training partners should be of similar weight to the athlete in order to secure the tubing to the ground when jumping. Also, never release the tubing while it is under tension. Releasing the tubing while under tension can cause serious injury to the user.

5. Caution – Be certain to warm up thoroughly and take a few sub-maximal jumps before doing any maximal jumps. The sub-maximal jumps will help acclimate you to the apparatus and the resistance of the tubing.

TRAINING CONSIDERATIONS:

Perform 2-3 Economy Power Jumper™ workouts per week on days when you normally do your plyometric/lower body workouts. Perform the Economy Power Jumper™ and other skill activities before strength training. That will allow you to have peak concentration and energy to complete the drills effectively. Allow 48-72 hours between workouts.

Use your arms with each jump to get additional power. Throwing the arms creates momentum that will help you jump higher.

Always use the Economy Power Jumper™ with proper supervision. Qualified supervision will help identify errors in technique and drill execution. It will also eliminate doing too many sets and repetitions, which can lead to overtraining. Overtraining will slow your progress/results.

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DRILLS:

1. Power Jumps

Starting Phase: Stand in the center of the two training partners with the belt securely tightened around the waist. Feet are hip-distance apart, and knees are slightly bent.



Action Phase: Lower the body into a squatting position, then immediately explode into a vertical jump. Perform a series of maximal, all-out vertical jumps. Perform 3 sets of 5-8 repetitions and allow 3-5 minutes between sets for complete recovery.

Training Tip: Reposition yourself between each jump. The key in this drill is not how quickly you can complete the repetitions, but exerting maximal effort with each jump. Pace yourself by allowing 3-8 seconds between jumps to recover and reposition yourself.

2. Speed Jumps

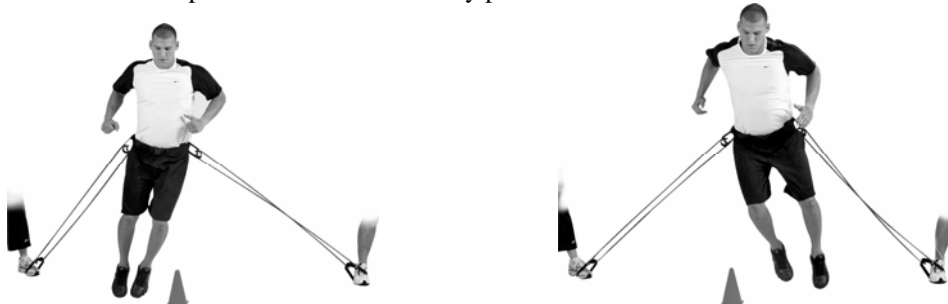
Starting Phase: Stand in the center of the two partners with the belt securely tightened around the waist. Feet are hip-distance apart, and knees are slightly bent.



Action Phase: Perform a series of jumps as quickly and forcefully as possible. The key is to jump as high as possible with each jump and with as short a time as possible on the ground between jumps. During the jumps, maintain control by keeping the torso upright and landing safely in the center between the two partners. If you lose your balance while jumping, stop and reposition yourself. Perform 3 sets of 8-12 repetitions. Allow 3-5 minutes between sets for complete recovery.

3. Lateral Cone Jumps

Starting Phase: Stand in the center of the two partners with the belt securely tightened around the waist. Feet are hip-distance apart, and knees are slightly bent. Place a plastic agility cone in the center between the two partners. Assume the ready position to one side of the cone.



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Action Phase: Perform a series of lateral cone hops as quickly as possible. Use caution not to land on the partners' feet. Stop and reposition if you lose your balance/control. Perform 3 sets of 8-12 repetitions. Allow 3-5 minutes between sets for complete recovery.

Training Tip: Use taller agility cones to increase the difficulty of the drill.

4. Plyo Jump

Starting Phase: Stand directly in front of a partner with the belt securely tightened around the waist. Feet are hip-distance apart, and knees are slightly bent. Place a plyo box of the appropriate height directly in front of you.



Action Phase: Lower the body into a squatting position, then immediately explode into a forward vertical jump, landing onto the plyo box. Jump back to the starting position and perform a series of maximal, all-out forward vertical jumps. Perform 3 sets of 5-8 repetitions and allow 3-5 minutes between sets for complete recovery.

Training Tip: Use a taller plyo box to increase the difficulty of the drill.

5. Split Jump

Starting Phase: Stand in the center of the two partners with the belt securely tightened around the waist. Feet are positioned as if performing a lunge, and knees are slightly bent. The right or left foot should be in front and the other leg should be positioned behind.



Action Phase: Lower the body into a lunge position, then immediately explode into a vertical jump, switching legs in the air. The opposite leg should be in front while lowering into a lunge. Repeat this pattern for 3 sets of 5-8 repetitions and allow 3-5 minutes between sets for complete recovery.

6. Speed Skaters

Starting Phase: Stand in the center of the two partners, then take one giant step forward so the body is positioned in front of the partners. Securely tighten the belt around the waist. Feet are hip-distance apart, and knees are slightly bent.



Action Phase: With resistance from the Economy Power Jumper™, jump laterally, landing only on one leg. Push off the base leg and jump laterally to the opposite side, landing in the same position. One side of the Economy Power Jumper™ will be giving you resistance while jumping and the other side will assist the movement. Repeat this pattern for 3 sets of 5-8 repetitions and allow 3-5 minutes between sets for complete recovery.

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