

The Power Behind Performance®

VersaSteps™
IMPORTANT INFORMATION
PLEASE READ AND KEEP

WARNING
Power Systems Product Safety Notice

VersaSteps™ 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 VersaSteps™ 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 VersaSteps™

- Inspect the VersaSteps™ prior to each use. Look for any nicks, tears, punctures, or other defects that may cause the disc to break.
- DO NOT use VersaSteps™ if damage or defects are found. Discard and contact a Power Systems representative for warranty information and replacements.
- Avoid exercises that involve placing the VersaSteps™ 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 VersaSteps™ 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 VersaSteps™ to stationary objects, or to deform the shape of the disc.
- Avoid prolonged exposure to sunlight.
- Keep VersaSteps™ away from heat, cold and sharp objects. Remove rings before use and avoid footwear with metal spikes or cleats.
- VersaSteps™ 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 train under the supervision of a certified trainer or coach.
- 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™/STABILITY STEPS IS IN CONFORMANCE WITH ALL APPLICABLE DESIGN STANDARDS, RULES, SPECIFICATIONS, REGULATIONS AND PRODUCT QUALITY STANDARDS APPLICABLE TO SUCH VERSASTEPS™/STABILITY STEPS, THE INDUSTRY USING THE VERSASTEPS™/STABILITY STEPS AND AT THE TIME OF SALE, THE VERSASTEPS™/STABILITY STEPS SHALL BE FREE FROM DEFECTS IN WORKMANSHIP OR MATERIALS. POWER SYSTEMS EXPRESSLY DISCLAIMS ALL WARRANTIES OF ANY KIND RELATED TO THE VERSASTEPS™/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 steps with the wide, flat side down. When proficient turn the steps over, placing the curved side on the floor for more instability. Always use a spotter when training with the VersaSteps™. Failure to use a spotter can result in serious injury to the user should they fail to maintain balance.

Stability Training on Two Legs

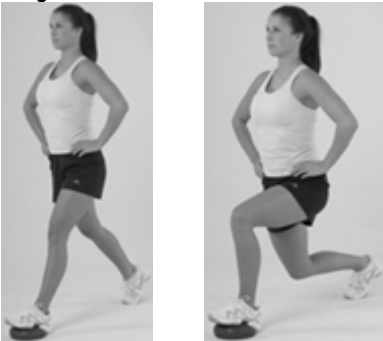


Start: In an area free from obstructions, place two VersaSteps™ on level ground, spacing them approximately hip-width apart.

Action: Place the center of each foot on a VersaStep™. Use a wall or other stationary object to assist you with balance if needed. Maintain a vertical position on the VersaSteps™ for the training program's specified time. Remember to keep a soft knee and a tight core to help you maintain balance.

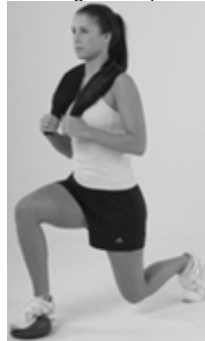
Variations: For a more advanced drill, turn the VersaSteps™ over to create more instability. Attempt to balance on one leg at a time, or with the eyes closed. Removing the visual cues your brain processes forces development of other proprioceptive sensors/stabilizers in the body.

Lunges



Start: Lunges can be performed in an anterior/posterior direction or laterally. The choice depends on the user's skill level and on which pattern is goal specific. Position one leg so that the foot is centered on the VersaStep™ and the knee is slightly bent. With the hips facing the front, position the back leg in a wide stance so that the front knee will not extend over the toes.

Action: Squat down until the thigh on the lead leg is parallel to the ground. The back foot may begin to raise up on the toes to keep the proper form. Remember to keep the chest and upper body straight and upright and the abdominals tight. Return to the starting position and switch legs after specified number of reps.



Variations: Flip the VersaSteps™ over so that the rounded side is facing the ground for a more unstable surface. Perform the drill in the same manner. Try holding a medicine ball or use a VersaFit™ Bag while performing a lunge to add more resistance.

Push-Ups



Start: Place two VersaSteps™ on the ground with the flat side down; space them approximately shoulder-width apart. Assume the standard push-up position with the hands centered underneath the chest area. Position the elbows in toward the body and keep the body flat from head to toe. Center the hands on the VersaSteps™ so that all pressing movements will be directed through the disc toward the exercise surface. If the body begins to shift in any direction, reposition and try again.

Action: Perform the push-up while attempting to minimize any shifting of the hands.

Variations: Flip the VersaSteps™ over so that the rounded side is facing the ground for a more unstable surface. For more advanced users, place two more VersaSteps™ under the knees or feet and perform the same push-up.

Bridge



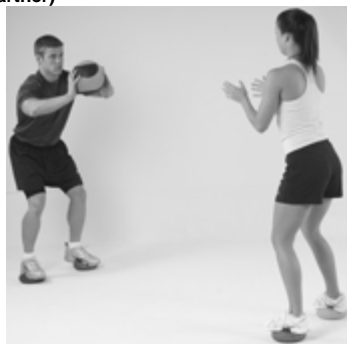
Start: Lie supine on the ground with a 90-degree angle at the knees. Position two VersaSteps™ underneath each foot.

Action: With the arms positioned out to the sides for stabilization, raise the hips while keeping the core tight to avoid any sagging in the back and hip region. Press the hips into extension, hold, and then lower back down to the ground and repeat.



Variations: For a more unstable surface, move the VersaSteps™ closer together and flip them over so that the rounded side is on the ground. To make this exercise more difficult, try to keep one leg in the air while performing the bridge.

Chest Pass With Power Med-Ball™ (Partner)



Start: Place two VersaSteps™ on the ground with the flat side down; space them a little more than shoulder-width apart. Place another pair of VersaSteps™ in the same position 6-8 feet in front of them. Stand on one pair with the center of the foot on each and the knees slightly bent. Remember to keep the core tight and the knees bent to help maintain balance. Have a partner assume the same position. Make sure each person is stabilized before adding a medicine ball.

Action: Throw the medicine ball in a chest pass from one partner to the other, and try to catch the ball while maintaining balance.



Variation: Flip the VersaSteps™ over so that the rounded side is facing the ground for a more unstable surface. Perform the drill in the same manner.

Bounce Pass With Power Med-Ball™ (Partner)



Start: Place two VersaSteps™ on the ground with the flat side down; space them a little more than shoulder-width apart. Place another pair of VersaSteps™ in the same position 4 feet in front of them. Stand on one pair with the center of the foot on each and the knees slightly bent. Remember to keep the core tight and the knees bent to help maintain balance. Have a partner assume the same position. Make sure each person is stabilized before adding a medicine ball.

Action: Raise the medicine ball overhead, and bounce it to the other person. While performing this exercise, remember to keep the core tight and the knees bent to keep your balance.

Variations: Flip the VersaSteps™ over so that the rounded side is facing the ground for a more unstable surface. Perform the drill in the same manner. Bounce the medicine ball in a variety of directions to keep your partner guessing.