

POWER-STRIDE LADDER™

IMPORTANT INFORMATION
PLEASE READ AND KEEP

DISCLAIMER

The following guidelines should be observed when using the Power-Stride Ladder™.

- Always consult your physician before participating in any physical activity.
- Always train under the supervision of a certified coach or trainer.
- Read all instructions carefully before using.
- Always use the Power-Stride Ladder™ on a level surface free from obstructions.
- The Power-Stride Ladder™ is intended for use only as described in this document. It is in no way designed to be used as a ladder or other climbing device.
- Power Systems, Inc. assumes no liability for accidents or damage that may occur with the use or misuse of the Power-Stride Ladder™.

POWER-STRIDE LADDER™

The Power-Stride Ladder™ is a versatile training tool designed to improve the acceleration phase in sprinting. It develops the two key elements, stride length and frequency, needed to produce an optimum acceleration pattern.

There are three premarked acceleration patterns on the ladder, one for beginners, one for intermediate level runners, and one for advanced runners. With consistent use of the Power-Stride Ladder™, the preferred pattern of stride length and frequency will become ingrained in the neuromuscular system of the runner. In essence, the Power-Stride Ladder™ will teach the muscles the optimum stride length and frequency patterns that will improve sprint acceleration.

Consistent training with the Power-Stride Ladder™ will lead to improvements in speed by increasing the efficiency of movement and by proper placement of each foot contact.

PREPARATION FOR USE:

1. Place the Power-Stride Ladder™ on a level surface free from any obstructions. Ideal surfaces include practice and game fields and gymnasium floors.
2. Warm up thoroughly with stretching and light exercise.
3. Set the ladder slats to the appropriate stride pattern. The WHITE marks are for beginners, the YELLOW marks are for intermediate runners, and the BLUE marks are for advanced runners.

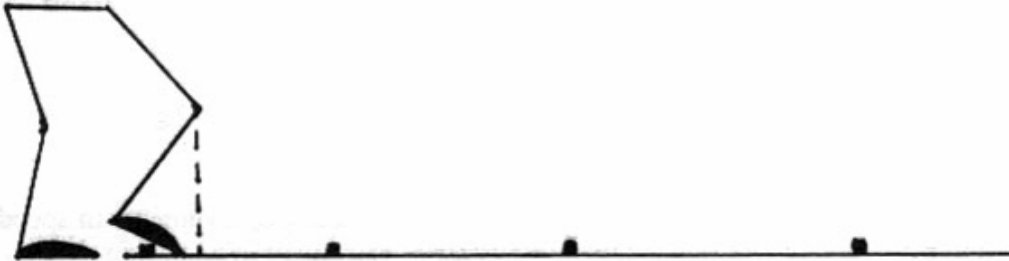
The slats can be easily moved by sliding them along the nylon straps to the desired position.

- To loosen the slat, push up with your finger from the back of the slat. The locking mechanism will pop up allowing the slat to slide freely.
- To lock the slat in the desired position, simply push the locking mechanism down with your thumb.

When all the slats are set at the same markings you will see that the distance between slats increases over the length of the ladder. This gradual increase in distance mimics a true acceleration pattern where each stride is slightly longer than the previous stride.

INSTRUCTIONS FOR USE:

1. Position the ball of the foot of the power side (the up leg in the starting blocks / stance) directly in front of the first slat. The slat should run under the arch of the foot. The knee should face straight ahead and be slightly past the front of the foot. See diagram below.



2. The torso should remain straight and at the same forward angle as the lead shin. Arms are allowed to hang relaxed from the shoulder.
3. Start to shift your weight forward. This will shift your center of gravity and allow the body to begin to fall forward. Once you begin to feel as though you are falling forward, drive the knee of the back leg up while pushing off with the lead leg to propel the body forward. As you are accelerating the back leg forward remember the cue TOE UP, HEEL UP, KNEE UP. The back leg now becomes the lead leg. Concentrate on placing the foot of this leg just in front of the next slat to receive the full benefit of this training. **Each foot contact should be directly in front of the next slat.**
4. Repeat this process for each of the remaining rungs.
5. With each step you should feel as if you are projecting your hips past the next slat. The feet should always land behind the hips.

TRAINING TIPS:

Remember that merely running between the rungs will accomplish little. It is critically important to properly place each step as described above to improve acceleration.

Use the Power-Stride Ladder™ to supplement your current speed training routine. Perform 2-3 Power-Stride Ladder™ workouts per week on days when you normally do your speed workouts. Allow 48-72 hours between workouts.

Complete 6-12 all out accelerations per workout.

For more information regarding the Power-Stride Ladder™
or other training products and programs, contact:

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