

Versa-8

The Power Systems brand Versa-8 can be used to tone and strengthen the upper and lower body. It allows for multi-directional movements for fitness and sport specific training and conditioning.

Kneeling Glute/Hamstring Press

Starting position: Facing the floor on elbows and knees, place one loop handle under the foot on the floor and the other loop on the arch of the working foot. Bring the working knee to approximately a 90 degree angle with the foot flexed and the sole of the foot facing the ceiling. Contract abdominals and squeeze gluteus muscles. Do not rotate hips, keep back straight and keep eyes on the floor.

Action: Press heel toward ceiling squeezing through gluteus. A strong gluteus contraction at the top of the movement will help keep the back from over flexing. Pause and then return to the starting position. This is a slow, controlled movement.



Lying Leg Lift

Starting position: Lying completely flat on your side, head resting on your arm and one foot in each loop, keep knees slightly bent and feet flexed. Hips should be stacked with no rotation through the torso.

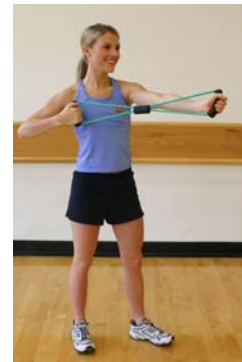
Action: Contract through abdominals and lift the top leg, pause and lower to the starting position. Keep toes and hips facing forward and no rotation from the hip.



Power Elbow

Starting position: Standing with feet hip width apart, hold the Versa-8 in front of your body at chest height. Relax shoulders and neck. Do not allow shoulders to shrug up. Do not lock elbows.

Action: Keep one arm extended in front and draw the other elbow back as if you were elbowing someone behind you. Squeeze shoulder blade. Pause and then slowly return to starting position. Repeat on the other side. Shoulder will move but there is no torso rotation.



External Rotation

Starting position: Standing with feet hip width apart and knees slightly bent, hold a handle in each hand. Place one hand behind your back in the low back area and the other arm is bent at a 90 degree angle with the elbow close to the body on the side and the hand placed close to body in front.

Action: Externally rotate (away from the body) the hand in front. The tube will stretch across your torso. Pause and then slowly return to the starting position. Repeat on other side.



WARNING

Power Systems Product Safety Notice

Stretch tubing and bands 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 brand stretch tubing and bands 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 stretch tubing and bands.

- Inspect the tubing or bands prior to each use. Look for any nicks, tears, punctures, or other defects that may cause the band to break. Pay particular attention to high stress areas where tubing and bands are connected to door attachments or handles.
- DO NOT use tubing if damage or defects are found. Discard and contact a Power Systems representative for warranty information and replacements.
- Power Systems brand tubing and bands contain latex rubber.
- Avoid exercises that involve stretching the tubing or bands in a manner that it may snap toward the head/face and cause injury to the eyes.
- Never tie two pieces of tubing or bands together.
- Never use tape of any kind to attach tubing or bands to stationary objects, or to shorten the length of the tubing or band.
- Never stretch tubing or bands more than three times its resting length.
- Avoid prolonged exposure to sunlight and water. If using tubing or bands in chlorinated water, special care is required. After each use in chlorinated water, rinse thoroughly with tap water to remove any traces of chlorine. Allow to air dry completely, and then dust with talcum powder.
- Keep tubing away from heat, cold and sharp objects. Remove rings before use and avoid footwear with metal spikes or cleats.
- Stretch tubing and bands are not toys. Children should only use with adult supervision.
- Life expectancy of this product is consistent with the amount of usage sustained. As a precaution, stretch tubing and bands should be replaced every year if used in an institutional or commercial setting and every two years if used strictly for personal use.
- **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 STRETCH TUBING AND BANDS IS IN CONFORMANCE WITH ALL APPLICABLE DESIGN STANDARDS, RULES, SPECIFICATIONS, REGULATIONS AND PRODUCT QUALITY STANDARDS APPLICABLE TO SUCH STRETCH TUBING AND BANDS, THE INDUSTRY USING THE STRETCH TUBING AND BANDS AND AT THE TIME OF SALE, THE STRETCH TUBING AND BANDS SHALL BE FREE FROM DEFECTS IN WORKMANSHIP OR MATERIALS. POWER SYSTEMS EXPRESSLY DISCLAIMS ALL WARRANTIES OF ANY KIND RELATED TO THE STRETCH TUBING AND BANDS 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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