

Versa-Loop and Versa-O

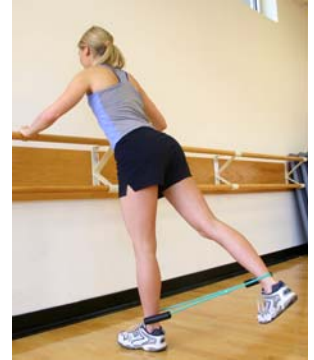
The Power Systems brand Versa-Loop and Versa-O can be used to tone and strengthen upper and lower body muscles. It allows multi-directional movements for fitness and sport specific training and conditioning.

Rear Leg Lift (Gluteus Squeeze)

Starting position: Stand with feet approximately hip width apart, toes, hips and shoulders facing forward. Hands can be on hips or one hand can hold on to a stationary object to maintain balance. Maintain a slight bend in the knees throughout the entire exercise.

Action: Standing tall with a slight forward lean in the upper body, contract the abdominal and gluteus muscles. Balance on supporting leg while the working leg and flexed foot are rotated outward. Contract and squeeze the gluteus muscles and pressing through the heel, lift the leg toward the back. Pause at the height of the contraction and then return the toe to the floor in a controlled manner. It is very important to keep the gluteus and abdominal muscles contracted and the hips and shoulders forward (no rotation) at all times to keep the movement from arching the low back.

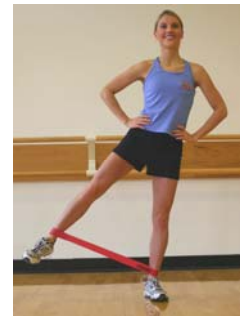
Variations: 1. Lift and lower leg with a pointed foot. 2. Isolate and hold leg in the lifted position. 3. Lift leg and gently pulse.



Side Leg Lift

Action: Standing straight, contract the abdominal and gluteus muscles and flex the working foot. Lift leg to the side (abduction), pressing through the heel. Toes remain facing forward (there is no rotation from the hip). Pause at the top of the movement and then, while maintaining contraction, return the leg in a controlled manner.

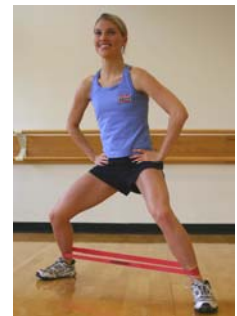
Variations: 1. Lift and lower leg with a pointed foot (toes facing forward, no hip rotation). 2. Isolate and hold leg in lifted position. 3. Lift leg and gently pulse.



Crab Walk

Starting position: Standing in a squat position with feet hip width apart and toes facing forward, the Versa-O is placed around the ankles. Note that knees should line up over the ankles and not protrude over toes. Keep abdominals contracted, pelvis tucked under and back flat. Do not arch back.

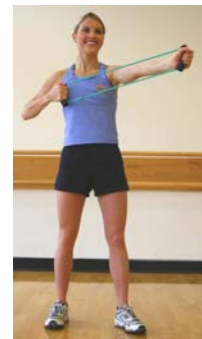
Action: Stay low in the squat position, step out wide to the side and then bring the feet together. Do sets to each side.



Power Elbow

Starting position: With hands firmly on grips and arms fully extended, hold resistance loop at chest height. Relax shoulders and do not lock elbows.

Action: Keep one arm extended in front and draw the other elbow directly back as if you were elbowing someone behind you. Return to the starting position and repeat on the other side. Shoulder will move but there is no torso rotation.



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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