

FIELDPOWER

FREEDOM OF POWER

User's Manual



FIELDPOWER

F R E E D O M O F P O W E R

Your FieldPower

The FieldPower will bring your training to the next level!

This manual will help you understand how to use the FieldPower, the do's and the don't's. If you have any questions, please mail us at martin@fieldpower-training.com.

Below you can personalize your FieldPower, which can also be used for reference if you need assistance.

Serial number FieldPower container (tower):

*(you can find the serialnumber
at the bottom of the FieldPower container).*

Serial number FieldPower foot:

*(you can find the serialnumber
at the rear of the FieldPower foot).*

Your Name:

Date of purchase:

Invoice number:

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This FieldPower is a product of Fieldpower Training and Rehabilitation International B.V.
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Content of your FieldPower

You received one of the 4 models: 1) FieldPower Multi Wall, 2) FieldPower Multi Combi, 3) FieldPower XL Wall, 4) FieldPower XL Combi.

Choose the product you purchased and check if all parts are present.

| | |
|---|--|
|  | <p>Box 1: FieldPower Container (Multi* or XL* model), with 107 cm Tube with 8 mm ring and 32 mm ring, 8mm Socket bolt, and Rubber Cap.</p> |
|  | <p>WALL attachment**</p> <ul style="list-style-type: none">• 2 x rail brackets• Plugs and screws |
|  | <p>FieldPower Accessories</p> <ul style="list-style-type: none">• FieldPower Functional Vest ***• 360 belt• Hip Flexor set ***• Wrist/Ankle strap set• Strap band set• Manual• Safety Sheet |
| | <p>Box 2: FieldPower Foot***</p> <p>* Multi or XL container ** Only in FieldPower wall pack *** Only in FieldPower Combi pack</p> |

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FieldPower Models

FieldPower Multi Combi

- 1 x FieldPower Tower with 2 cords with 11 meter maximal reach. Both cords offer 1,5 to 7 kg resistance and have a Multi connector (an extra block with hook that can be connected at different fixation points of the FieldPower or an external fixation point)
- Sizes/Weight: 93 x 18 x 12 cm / 7 kg
- Foot sizes/Weight: 78 cm Ø x 19 cm / 5,5 kg empty weight
- Accessory kit (Vest, 360 belt, Hip Flexor set, Wrist/Ankle strap set, Strap band set, Manual, safety sheet)

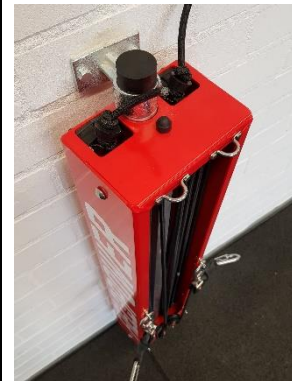
FieldPower Multi XL Combi

- 1 x FieldPower Tower with 2 cords with 21 meter maximal reach. Both cords offer 1,5 to 7 kg resistance and have a Multi connector (an extra block with hook that can be connected at different fixation points of the FieldPower or an external fixation point).
- Sizes/Weight: 93 x 18 x 18 cm / 7 kg
- Foot sizes/Weight: 78 cm Ø x 19 cm / 5,5 kg empty weight
- Accessory kit (FieldPower Functional Vest, 360 belt, Hip Flexor set, Wrist/Ankle strap set, Strap band set, Manual, safety sheet)



FieldPower Multi Wall

- 1 x FieldPower Tower with 2 cords with 11 meter maximal reach. Both cords offer 1,5 to 7 kg resistance and have a Multi connector (an extra block with hook that can be connected at different fixation points of the FieldPower or an external fixation point)
- Sizes/Weight: 93 x 18 x 12 cm / 7 kg
- Wall attachment set
- Accessory kit (360 belt, Wrist/Ankle strap set, Strap band set, Manual, safety sheet)



FieldPower Multi XL Wall

- 1 x FieldPower Tower with 2 cords with 21 meter maximal reach. Both cords offer 1,5 to 7 kg resistance and have a Multi connector (an extra block with hook that can be connected at different fixation points of the FieldPower or an external fixation point).
- Sizes/Weight: 93 x 18 x 12 cm / 7 kg
- Wall attachment set
- Accessory kit (360 belt, Wrist/Ankle strap set, Strap band set, Manual, safety sheet)

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Safety instructions

General safety

Maintain the equipment in good working condition. If there are signs of wear, do not use the FieldPower and contact your supplier. Specifically

- a) check the cords, they should not be damaged, and they should always run free over the pulleys without any rubbing against other parts or against the cord itself,
- b) check the accessories, they should not be damaged, the stitches and webbing should all be in good condition,
- c) the container should be securely connected to a firm fixation point and
- d) the FieldPower foot should be filled **completely** with water or sand.

Do not attempt to service the equipment yourself other than the maintenance instructions found in the manual, or as explicitly instructed by the producer.

Close supervision by qualified personnel is necessary when the equipment is used at all time.

Before starting any exercise, you are advised to read the whole manual thoroughly and get to know the equipment's controls. These instructions were written to ensure your safety and to protect the unit.

Use the equipment only for its intended use as described in the user manual. Only perform the exercises for which the equipment has been designed, following the instructions given in the manual. Any other use is to be considered improper and therefore dangerous.

Do not stand in the line of the cords.

By-standers do not stand behind the FieldPower and stay at least 2 meter aside from the FieldPower during use.

Keep hands away from moving parts.

Make sure the force direction is never directed to or near the head.

Do not use attachments or other products not recommended in this manual.

Do not expose any FieldPower part or accessory near heated surfaces or at temperatures higher than 60° Celcius.

Do not expose the FieldPower foot to temperatures below 0 ° Celcius if filled with water.

At the beginning of each exercise, make sure you are in a stable position.

Do not allow children unsupervised access to the equipment; parents and guardians must assume responsibility for the children in their care and avoid the occurrence of situations or usage for which the equipment was not designed. Children must be closely supervised when using the equipment, with careful attention paid to their mental and physical development. The equipment must under no circumstances be adapted or used as a toy.

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Health check

Always consult with a qualified and licensed medical professional or healthcare practitioner before starting any exercise program. You are advised to investigate and inform yourself about any healthrelated actions and choices you make.

Choose suitable exercises for your physical characteristics and state of health, starting out with light loads.

Do not overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.

Incorrect or excessive exercise may cause physical harm.

Wear proper exercise clothing and shoes during a workout, no loose clothing. Tie long hair back. Keep garments or towels away from moving parts

Surrounding check

Make sure the training area is safe to work on.

Assemble and operate the equipment on a solid, level surface.
During use people must remain at a safe distance.

Do not use the equipment in presence of small children or pets.

Warning !

FieldPower Training and Rehabilitation International B.V. will be held responsible for its equipment only if the following precautions are observed:

- . the equipment must be used as specified in this manual;
- . the User manual must be read and followed thoroughly and throughout;
- . the place of installation must meet the requirements stated in the User manual;
- . the maintenance must be done by FieldPower Training and Rehabilitation International B.V., or personell authorized by FieldPower Training and Rehabilitation International B.V.
- . suitable clothing must be worn;
- . towels and other items must not be put on the equipment.
- . FieldPower Training and Rehabilitation International B.V. is not responsible for any damages due to any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the product's environment, rust or corrosion as a result of the product's location, alterations or modifications without FieldPower Training and Rehabilitation International B.V. 's written authorization or for failure on your part to use, operate and maintain the products as set out in this User Manual.

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FieldPower assembly

... using the FieldPower foot



Foot bottom side

Foot top side

Foot + tube

Tower + Foot

1. Unscrew the bushing bolt with the 8mm hole ring and 32 mm hole ring from the 107cm long tube.
 2. Put the foot on her side and slide the tube in the foot
 3. Screw the socket bolt with the 8 mm hole ring into the bottom side of the tube (use hex key number 6) until it is securely fixated, and raise the foot upright
 4. Push the 32 mm ring down onto the tube from the top side until it supports on the foot
 5. Fill the foot completely with water or sand (it can take approximately 55 liter) and place the water cap.
 6. Slide the FieldPower onto the tube with the first exit pulleys on the bottom side
 7. Screw the rubber cap onto the top side of the tube
- **Never stand on top of the FieldPower foot !**
 - **For moving, lift the foot by placing one hand in the insert on the front side, and tilt the foot until it rolls on its wheels. Use the proper lifting technique and do not overexert yourself.**



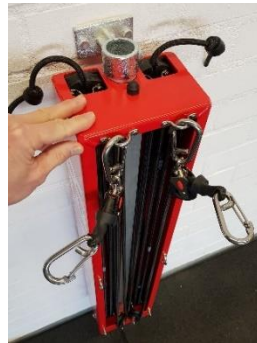
- **For moving, lift the foot by placing your hands in the insert on the front side, and tilt the foot until it rolls on its wheels. Never stand on top of the foot !**

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... connecting to a wall

1. Find a suitable place where the FieldPower can be used safely.
2. Take the 107 cm long tube and screw the rubber cap on top.
3. Slide 1 rail bracket onto the tube until it's touching the rubber cap.
4. Place the 107 cm long tube upright on the floor against the wall, make sure the rail bracket is touching the rubber cap, mark the rail bracket screw openings and take the rail bracket from the tube.
5. Drill the holes for the plugs and screws. Fixate the rail bracket firmly onto the wall using the plugs and screws.
6. Place the tube back partly onto the rail bracket and place the FieldPower container under the rail bracket. Now lower the tube through the rail bracket and into the opening in the FieldPower.
7. Slide the second rail bracket onto the tube from the bottom side up until it touches the FieldPower. Check if the FieldPower is in a vertical position, lower the lower rail bracket 5 mm and mark the rail bracket screw openings. Take the tube and FieldPower from the upper rail bracket and drill the holes for the plugs and screws. Fixate the second (lower) rail bracket firmly onto the wall using the plugs and screws.
8. Place and hold the FieldPower between the 2 brackets and insert the tube.
9. Check if the tube is inserted completely into both rail brackets, and if the FieldPower does not fall over or off the wall when pulling the cords.



10. If you use external fixation points for the free block with hook (pictures to the right) make sure the cords run outside the top saddles. The fixation points should be at least 30 cm away from the wall (Wall version). For FieldPower on Foot, measure the position of the fixation point, and always check if the cords run freely.
11. Place the Safety-sheet visible near the FieldPower.

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Safety information

The following safety information should be visible on or near the FieldPower. The information can be found on the rear side of the FieldPower. If you position the FieldPower on a wall or pole, place the safety sheet visible near the FieldPower.



During use...

Do not stand behind the FieldPower.

Keep at least 2 meter distance from the FieldPower.

Read and follow all warnings and instructions on this label and in the user's manual and obtain proper instruction prior to use. Follow these precautions to avoid injury.

- Make sure the FieldPower is well fixated.
- Inspect the FieldPower and all accessories before use. If there are signs of wear, do not use the FieldPower and contact your supplier.
- Make sure the cords run freely and do not rub against any material or against the cord itself.
- Use the equipment only for its intended use as described in the user's manual. Only perform the exercises for which the equipment has been designed, following the instructions given in the manual. Do not use attachments or other products not recommended in this manual.
- Consult with a qualified and licensed medical professional or healthcare practitioner before starting any exercise program.
- Close supervision by qualified personnel is necessary when the equipment is used at all time.
- By-standers must not stand behind the FieldPower and stay at least 2 meter aside from the FieldPower and training area during use. If connected to two users, both users must move simultaneously remaining equal distance to the FieldPower at all times.
- Do not use the equipment in presence of small children or pets.
- Make sure the force is never directed towards or near the head.
- Make sure the cords are not locked on the cleats when moving away more than 2 meter from the FieldPower.
- Do not exceed the maximal moving distance. Check the user's manual for the maximal distances with different settings.

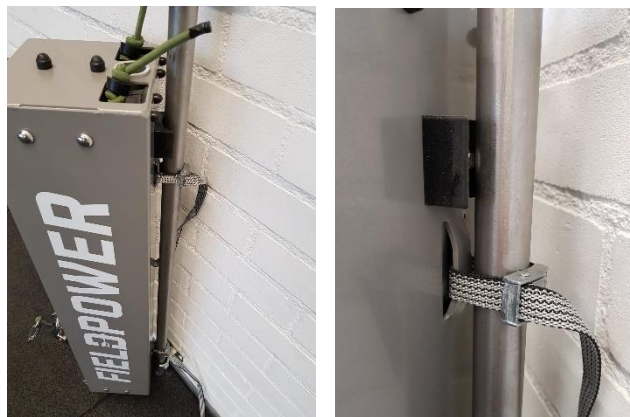
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... connecting to a pole

Find a pole that is firmly fixated and connect the FieldPower to the pole using the 2 strap bands included in the package (see pictures below). Make sure the strap bands are firmly secured, and the pole cannot break, move, or fall over at any time.

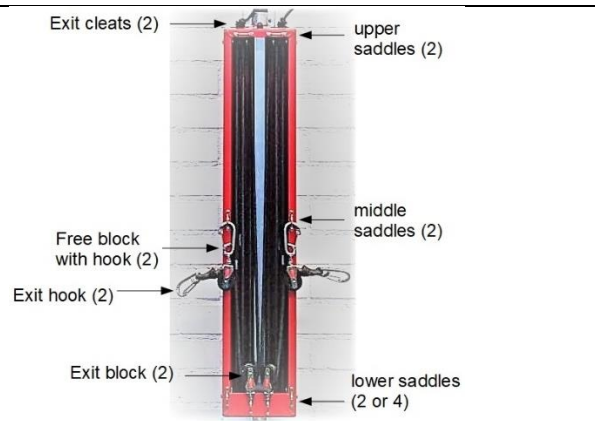
Place the Safety-sheet visible near the FieldPower.



FieldPower container overview

The FieldPower has 6 saddles: 2 on the lower end, 2 in the middle, and 2 on the upper side. On the top, the cords exit through the cam cleats, that can be used to change the cord resistance.

On the front, the cords exit through the fixated exit blocks, then run through the free (middle) blocks with hook and have an exit hook on the end.

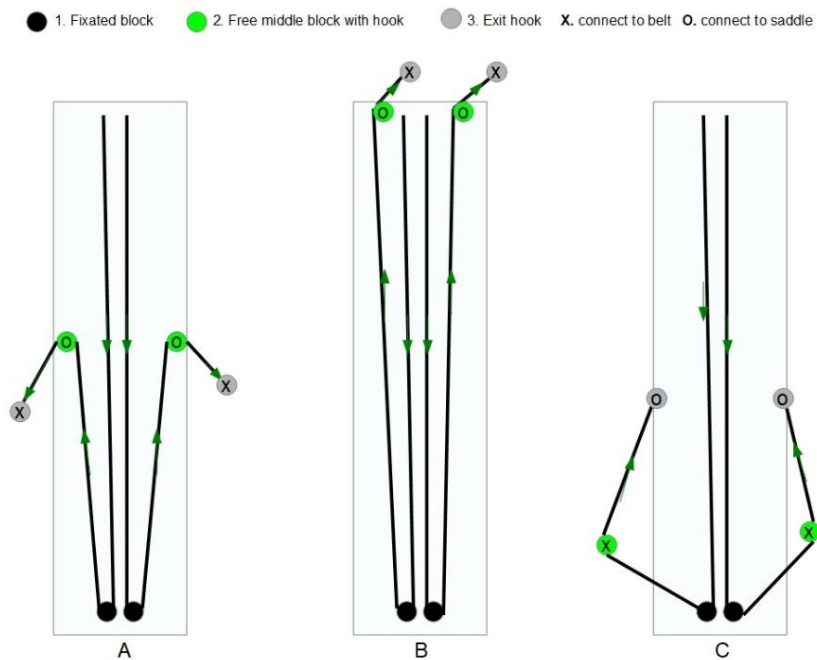


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Setting options

The Multi blocks offer the possibility to redirect the force, and to double the resistance.



- Setting a – Free block with hook connected to the middle saddles, exit hook connected to vest, strap or belt.
- Setting b – Free block with hook connected to the upper saddles, exit hook connected to vest, strap or belt.
- Setting c – Exit hook connected to the middle saddle, free block with hook connected to vest, strap or belt. See also *'double resistance setting'*.

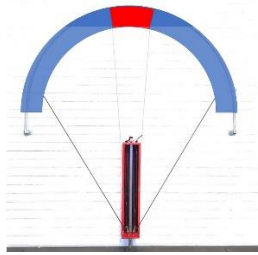


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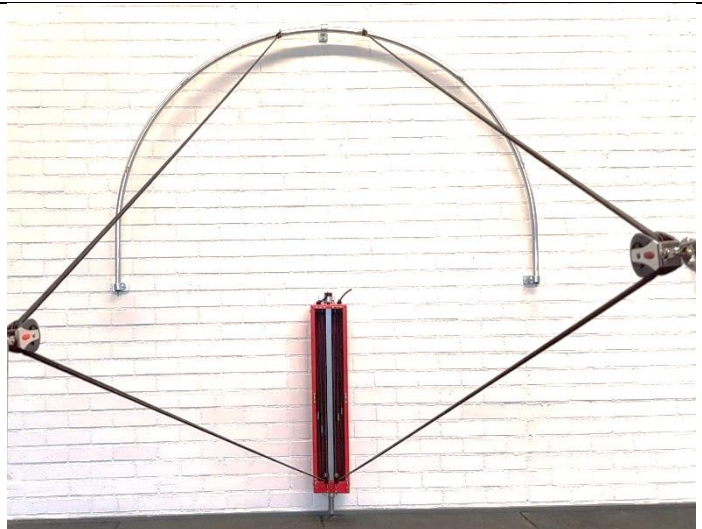
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External setting options

Setting d - connect the free block with hook to an external fixated point for overhead exercises. Do not fixate the hooks in the middle (red marked).



Setting e - connect the exit hook to an external fixated point and use the free block with hook to obtain 3D force configuration.



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Setting the resistance

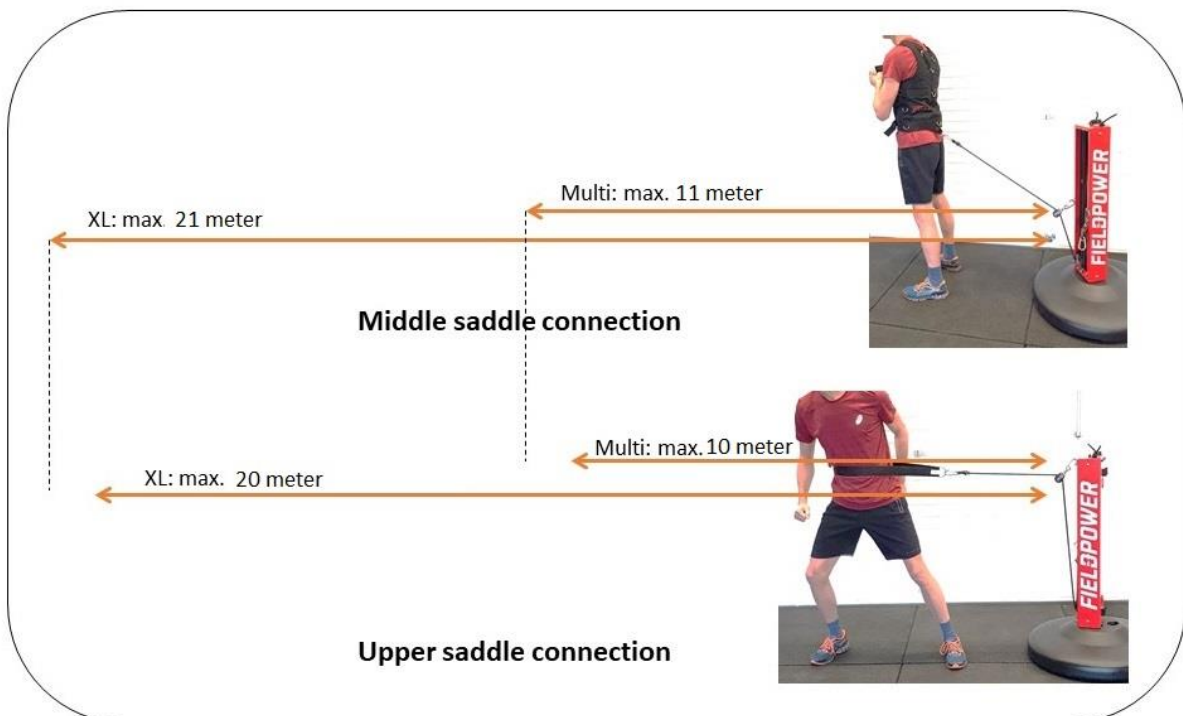
... moving towards or away from the FieldPower

The core of the FieldPower is a long elastic cord. When moving away from the FieldPower, the cord is stretched, and the resistance increases, when you move towards the FieldPower, the resistance decreases.

- If the hook is connected to the middle saddle the maximal extension distance is 11 meter for the Multi, and 21 meter for the XL.
- If the hook is connected to the upper saddle the maximal extension distance is 10 meter for the Multi, and 20 meter for the XL.
- If the hook is connected to an external fixation point, the maximal extension distance has to be lowered with the distance between the fixation point and the exit block.

Note: Though the cords can be stretched further than the maximal extensions mentioned, further extension than advised in this manual will increase the wear of the cord and lower the durability. Over-extensions may also damage the internal of the cord and should therefore be avoided.

Important ! Always make sure the foot is filled completely with sand or water. Failure to do so may result in tilting and falling over of the FieldPower or moving of the FieldPower.



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... using the double cord setting

Double cord setting

The Exit hook is connected to the middle saddle or an external fixated point, and the free block with hook is connected to the vest, strap or belt (see 'setting c' on page 10).

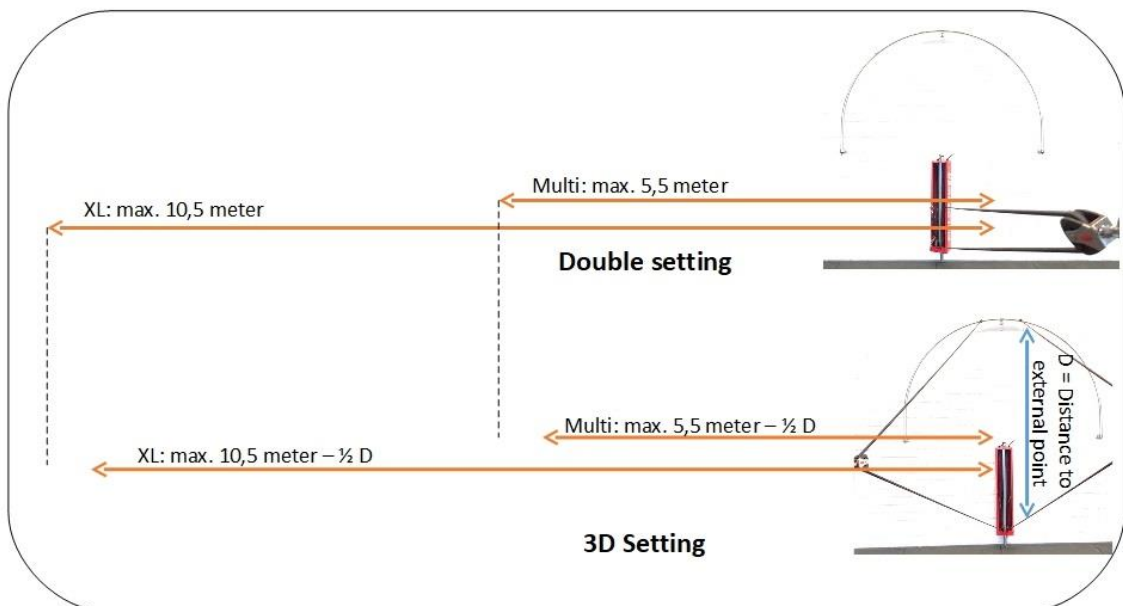
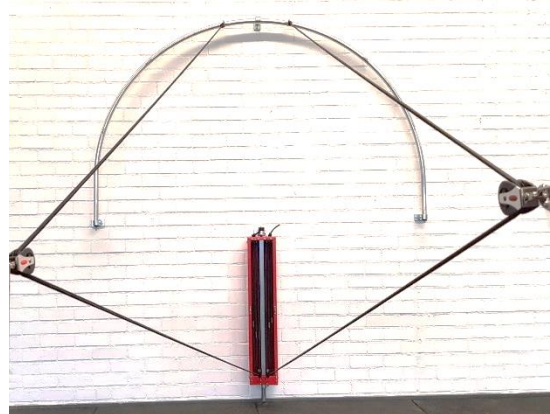
For double settings, the maximal distance is half of the maximal extension mentioned, i.e. 5,5 meter for the Multi and 10,5 meter for the XL.



3D setting

The Exit hook is connected to an external fixated point, and the free block with hook is connected to the vest, strap or belt (see 'setting e' on page 11).

For the 3D setting the maximal distance is 5,5 meter for the Multi and 10,5 meter for the XL, minus half of the distance from the external fixation point to the exit block.



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... using the cleats

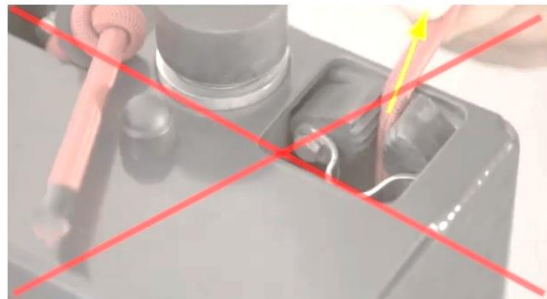
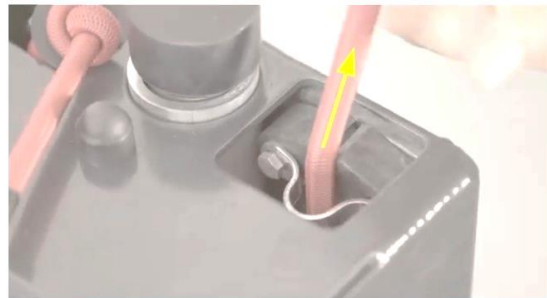
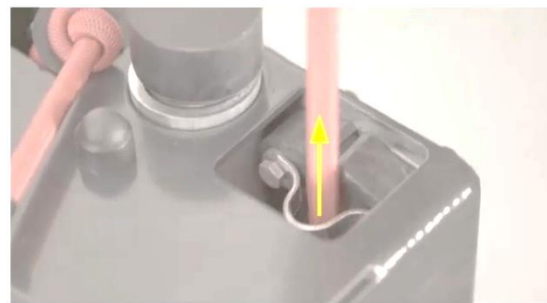
Warning: use the cleat resistance change only for exercises up to 2 meter away from the FieldPower, such as vertical jumps near the FieldPower. During exercises further away from the FieldPower, do not increase the resistance using the cleats, but change the resistance by standing closer or further away from the FieldPower or by using the double setting.

On the top side of the FieldPower, the cords exit through the cam cleats, that can be used to change the cord resistance.

1. Pull the cord out of the cleat by pulling the cord to the front and upward. The cord will now jump out of the cleat.
2. Pull to cord up to increase resistance or release the cord down to decrease resistance.
 - *Pull or release in a way that the cord does not rub onto the cleat or other material. Never pull the cord up while in the cleat!*
 - *Do not release the cord by slipping it through your hands, as it can cause burns on the hands, and never release the cords.*
3. Pull the cord back onto the cam cleat while pulling up slightly.

The cords on the Multi model have lines 1 meter separated from each other for reference. The XL model cords do not have reference lines.

Do not exceed extension of the cord on the cam cleat 3 meter (Multi, 3rd line) or 6 meter (XL).



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Resistance

... moving to or away from the FieldPower

The resistance (in kg) changes in a more or less linear manner within the working distance (in meter).

| Distance (meter) Multi | Resistance (kg) | Distance (meter) XL |
|---------------------------|-------------------|------------------------|
| 0 | 1,5 | 0 |
| 1 | 2,0 | 2 |
| 2 | 3,0 | 4 |
| 3 | 3,5 | 6 |
| 4 | 4,0 | 8 |
| 5 | 4,5 | 10 |
| 6 | 5,0 | 12 |
| 7 | 5,5 | 14 |
| 8 | 6,0 | 16 |
| 9 | 6,5 | 18 |
| 10 | 7,0 | 20 |
| 11 | 7,5 = max ! | 21 |
| XX 12 XX | XX No ! XX | XX 22 XX |

Table: the resistance (in kg) at different distances (in meter) from the FieldPower with the free hook on the middle saddle and the cords **not** on the cleat.

Warning !!

- The maximal distance (when not fixated to the cleat and with the free block connected to the middle saddle) is 11 meter for the Multi and 21 meter for the XL. The red marks in the table denote overstretching of the cord. **Overstretching of the cord may cause damage to the cord and to the assessories and should therefore be avoided.**

Note: The resistance mentioned is approximate and can change because of temperature, hysteresis, friction and loss of function (elasticity) after longer use of the cord.

... Using the Cam Cleats

Resistance table at 1 meter distance from the FieldPower Multi with blocks on cleat

| Multi cleat lock | Single cord setting (kg) | Double cord setting (kg) |
|----------------------------|--------------------------|--------------------------|
| Not on cleat | 2,2 | 6,5 |
| 1st line | 3,3 | 9,0 |
| 2nd line | 4,4 | 11,5 |
| 3rd line | 5,5 | 14,0 |

Table: resistance table at 1 meter distance from the FieldPower Multi when not on cleat, and when locked on cleat at line 1, 2 or 3.

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FieldPower attachment accessories

General instructions

CAUTION: Make sure the attachment accessory is fixated correctly to the body. Stand in a stable position and make sure you cannot fall over when the resistance is connected or disconnected. Connect and disconnect the hook to the accessory only while standing close to the FieldPower (max. 1 meter away) and with the cords not on the cam cleat.

Use the FieldPower accessories only with the FieldPower.

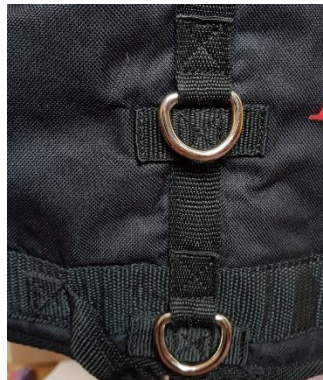


FieldPower Vest

A Medium size vest is included with the FieldPower Combi. Other sizes available are Small, Large and Extra Large.



Rear view Vest



Side Rings



Rear Center Rings

The vest has 8 different connection rings:

1. Low side left & right
2. Mid side left & right
3. Low back center
4. Mid back center
5. High back center
6. 180 free ring

2 bands go through each ring. The first band is to keep the ring on its place. The second band is for security. If the first band should get loose, the second band will prevent the ring from shooting off the vest.

WARNING: If the first band is loose and a ring is supported only by one band, do not use this ring any longer !

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Side rings: the force should come from the side. If you use 2 cords, use the lower and upper ring.



Rear Rings: the force should come from behind. If you use 2 cords, use 2 separate rings.



180 Ring: connect single setting only. 2 cords can be hooked to the 180 ring. Maximal rotation is 90 degrees to each side.

WARNING !

If you want to use heavy resistance (double cord setting) and move away from the FieldPower for more than 4 meter, do not use the FieldPower vest, but use the 360 Belt instead.

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360 Belt

Pull the 360 belt opening over your head and lower it to the waist.

There are 3 sizes, Small, Medium, and Large. The FieldPower combi comes with a medium 360 Belt.



Upper leg straps

Step into the opening with the low hook on the rear side and the triangle pointing upwards. Connect the upper hook to the low side ring on the Vest. Adjust the height until the lower webbing is positioned just above the knee.

NOTE: the opening should not be tight around the leg.



Palm Straps

Insert the hand into the palm strap opening like in the pictures. The thumb is inserted in one opening, the other fingers in the other opening.

WARNING: Never have the cord aimed in the direction of the head!



Ankle straps

Step into the opening, then strap by using the Velcro.

WARNING: The Velcro soft & hook sides should be connected at all time during use.



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FieldPower Positioning

All models can be used as stand alone or as a pair.



Single FieldPower used by one person or two persons simultaneously.

If you use 2 FieldPowers for 1 person, you can perform vertical jumps with perfect vertical resistance when standing between both FieldPowers. Also, you have more resistance possibilities and you can perform activities like skippings, jumps, the snatch or scissors jump with simultaneous arm action, with 4 connection points, for example to waist and hands.

In this case, place the fieldpower feet approximately 1,5 meter apart from each other.



Symmetric resistance on waist and hands using 2 FieldPowers.

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General training tips and maintenance

Before you start ...

The FieldPower offers a pulling force through its long cords. The cords and accessories are specifically built for the use as described in this manual. As the cords are relatively light weight, they build up a very high velocity when released, which can cause damage to people or material. The cords and accessories should therefore be checked for damage before every exercise and should not be used when a damage has been found. Also, no person should stand near the FieldPower during use other than the person performing the exercise with the FieldPower, and one should never exceed the maximum distance as mentioned in this manual.

The training area should be safe to move around in and the person who will use the FieldPower is physically capable to use the FieldPower in a safe way.

Foot

The foot should be filled completely with water or sand. The tube should be firmly connected onto the foot, and the rubber cap should be screwed on top of the tube when the FieldPower is in use.

If filled with water, do not leave the foot in a freezing environment (below 0 ° Celcius).

Container

Check if all saddles, the pulleys and the hooks are well fixated.

Accessories

Check if all the hooks are firmly connected, if the webbing is intact, and if no stitches have come loose.

WARNING !

Never have the cord close to or aimed at the head!



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Cord maintenance

The cords and accessories are the parts that are most susceptible to wear and tear, and damage of one of these parts can cause harm on people or material.

Before every exercise, the cords should be checked for wear. If you note an irregularity, do not use the FieldPower and contact your supplier.

Never exceed the cord extension further than advised in this manual.

At all time, make sure the cords run freely, the blocks and cords are not rotated and the cords do not rub to any obstacle at any time, including other cords themselves.

Over time, the cords loose part of their functionality (elasticity). Also, weather conditions, sunshine, heat, cold and water may influence the characteristics of the cords. Test the cords for strength and elasticity on a regular basis and check if the webbing is intact.

Check if the hooks are well fixated to the cords, and that the cords are not damaged. Never operate the equipment if it has a damaged cord, if it is not working properly, or if it has been dropped or damaged. In this case, contact your supplier. Check if the cords can run freely inside and outside of the container. At no time the cords should rub onto any other obstacle, including the cord itself. Keep the cords away from heated surfaces.

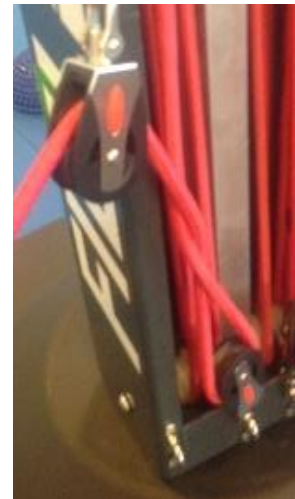
WARNING !!

NEVER USE THE FIELDPOWER WHEN THE CORD IS TWISTED !

Elastic cords sometimes twist around their axis. If this happens the block may rotate and the cord gets entangled like in the picture on the right. Pulling the cord will bring a fast increase in the resistance and will do damage to the cord and attachment and can lead to sudden cord recoil. This should be prevented at all times !

How to correct: Rotate the cord back to its U-position by taking the free block with hook off the saddle and rotate it around the cord until the cord runs free again.

Alternatively, you can leave the free block on the saddle, and twist the exit hook against the twist direction of the cord, until the block moves back and the cord is no longer entangled.



WARNING !

Exchange the cords at least once a year. If you need to exchange the cords, a replacement cord package can be ordered at your supplier. Inform your supplier of the serial number, colour and model of the FieldPower.

FIELDPOWER

F R E E D O M O F P O W E R

Training with the FieldPower

The FieldPower offers the possibility to perform resisted fitness and daily life exercises without speed limitations. The resistance force is virtually independent of the acceleration of the body. Therefore, the impact on the body at high acceleration is relatively low (for example during landing after a jump). Open chain exercises are typical exercises that can be performed with the FieldPower. The higher eccentric RFD and earlier eccentric force production during FieldPower exercise offer unique training stimuli to increase (multi)joint stability, also during sports exercises with the FieldPower. 1RM can further be improved when combining weight with FieldPower resistance.

Typical effects that are unique to this kind of resistance training (as opposed to weight training) are:

- **Post Activation Potentiation (PAP), preparing for (explosive) exercise**
- **Higher Explosivity through higher Rate of Force Development (RFD)**
- **Improved Change of Direction (COD) through higher RFD**
- **Increased joint stability through earlier eccentric force production and higher RFD**
- **Better performance through higher maximal Power**
- **More 1RM increase after combining extra weight and FieldPower.**

Exercises: the possibilities are only limited to your imagination.

Programming suggestions

Always consult with a qualified and licensed medical professional or healthcare practitioner before starting any exercise program. Close supervision by qualified personnel is necessary when the equipment is used at all time.

SPORTS: Experience the power during a complex training program.

- 5 to 10 seconds FieldPower → 5 to 10 seconds free exercise
- (EXAMPLE: 7 vertical jumps with FieldPower → 7 free vertical jumps → 3 x 15 meter sprint)
- External stimuli during play (for example tennis with sideward resistance at the waist)

FITNESS

- SMALL GROUP High Intensity Short Training: 20 minutes interval training ... 20 seconds FieldPower – 20 seconds pause – 20 seconds free exercise – 20 seconds pause
- Ski preparation training

GENERAL HEALTH

- Stability improving exercises
 - o Step down / jump and land with fieldpower
 - o lower arm exorotation release and catch
- Balance improvement
 - o Walk forward – backward in between 2 FieldPowers or using 1 FieldPower

FIELDPOWER

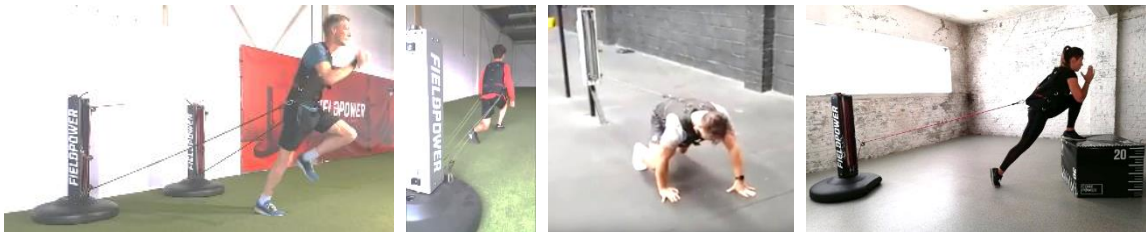
FREEDOM OF POWER

Ideas for exercises

Vertical jumps (1 or 2 legged) using 2 FieldPowers



Runs (waist & arm, upper leg or ankle connections), forward steps, crawl



Leg exercises / Stability



Agility / Change of Direction / Break



Trunk / Arm / Stability



FIELDPOWER

FREEDOM OF POWER

Arm / Shoulder / Trunk



Overhead connections – setting D (single cord exit)



Overhead connections – setting E (double 3D cord exit)



Sports



FIELDPOWER

F R E E D O M O F P O W E R

FIELD POWER

F R E E D O M O F P O W E R



*Freedom
of
Power*