



***The Power Behind Performance®***

## **TORSO TRAINER™**

**IMPORTANT INFORMATION  
PLEASE READ AND KEEP**

### **DISCLAIMER**

The following guidelines should be observed when using the Torso Trainer™.

- Always consult your physician before participating in any physical activity.
- Read all instructions carefully before using.
- Inspect the Torso Trainer™ and bungee for cracks, tears, and other damage before to each use. **DO NOT USE IF DAMAGED – REPLACE IMMEDIATELY.**
- Never release the Torso Trainer™ while bungee is under tension.
- The Torso Trainer™ is intended for use only as described in this document. Other uses are not recommended.
- Power Systems, Inc. assumes no liability for injuries, accidents , or damages that may occur with the use or misuse of the Torso Trainer™.

For more information regarding the Torso Trainer™  
or other training products, contact:

Power Systems Inc.  
[www.power-systems.com](http://www.power-systems.com)  
1-800-321-6975

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## TORSO TRAINER™

The Torso Trainer™ is a versatile training device that targets training of the core musculature . The unit consists of a steel handle with neoprene grips and a 7 -foot length of bungee cord. The bungee cord has a steel carabineer on one end that attach to the eyebolts on the steel handle. The other end of the bungee cord is equipped with an attachment that allows the unit to be anchored securely in a doorjamb or wrapped around a stationary object.

The Torso Trainer™ is designed to provide resistance during drills that target the development of the core muscles of the body. A base level of strength in the arms and hands is required to safely train with the Torso Trainer™. Individuals with a history of deficiencies in shoulder function and/or diminished grip strength or overall hand function should consult with a health professional before training with the Torso Trainer™.

It is important to understand that as the bungee cord is lengthened that the resistance increases. The maximum safe stretch for the Torso Trainer™ bungee cord is one-half times its unstretched length, or 10 feet. **Do not stretch the bungee cord more than one-half times its original unstretched length . The unstretched Torso Trainer™ bungee cord is 7 feet long. Therefore, the maximum safe stretch is 10 feet. Overstretching the bungee cord may exceed the elastic limit of the bungee and result in the bungee to snap or tear. The best way to avoid overstretching the bungee cord is to mark off your training area with a visible marker.**

This guide outlines several different training drills for use with the Torso Trainer™.

### PREPARATION FOR USE:

1. Inspect the bungee cord and steel handle before to every use. Look for any cracks, tears or other damage. Pay extra attention to the carabineer, eyebolt and door attachment, as these are the points of greatest stress and wear. **DO NOT USE IF DAMAGED – REPLACE IMMEDIATELY.**
2. Mark off your training area with a marker to avoid overstretching the tubing. It is recommended to begin each exercise with a minimal amount of tension on the bungee cord. The exercises that follow can be completed without exceeding the stretch limit of the bungee. When developing additional training drills, remember that the bungee cord should never be stretched more than 10 feet.
3. Use the carabineer to securely fasten the bungee cord to the steel handle. **Double-check the connection to ensure that the carabineer is completely fastened to the eyebolt .** Inspect the PVC tubing for any cracks, paying particular attention to the area around the eyebolt . If any cracks, tears, other damage is found consult a Power Systems service professional to obtain replacement and warranty information. **DO NOT USE IF DAMAGED- SERIOUS INJURY COULD RESULT .**
4. Attach the bungee cord securely. Position the door attachment on the side with hinges so that the anchoring mechanism is on the opposite side of the door. Place the attachment at the desired height and close the door. **Lock or latch the door to be sure the door is closed and to prevent someone from opening the door during the exercise. NEVER attempt to secure the door attachment above or below a door as serious injury could result.** The loop at the end of the bungee cord also allows for the cord to be secured around a stationary object such as a chain link fence, basketball pole, goal post, or weight rack. To attach using this method, place the bungee cord around the object, thread the carabineer through the loop, and pull the tubing until it is tight around the object. This step needs to be performed before attaching the steel handle to the bungee cord. **BE CERTAIN the object will remain stationary when the bungee is stretched.**

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## **EXERCISES:**

### **CORE TWISTS:**

**Starting Position:** Securely anchor bungee at shoulder, and level grasp the handles of the Torso Trainer™ keeping a slight bend in the elbows. Position feet approximately shoulder-width apart. Keep torso erect and knees slightly bent. The shoulders should be perpendicular with the door/anchor.

**Action:** While maintaining a firm grasp, twist at the waist away from the door/anchor. The shoulders should lead through the movement with secondary rotation occurring at the knees and ankles. To reduce the risk of joint injury, pivot on the balls of the feet during this movement. Continue to rotate until the shoulders are parallel with the door/anchor. In this position, the knees should point away from the door/anchor. Pause briefly before slowly returning to the starting position. Repeat for desired number of repetitions or specified interval. Turn and repeat in opposite direction of rotation. **EXAMPLE:** If set one was performed in a clockwise rotation, then set two should be performed in the counter-clockwise direction.

**Variations:** Vary the height of the door anchor. A low or high position will result in a diagonal plane of movement, similar to a chopping action. This will help ensure that all core muscles are targeted. Twisting drills can also be performed from a seated



### **OVERHEAD SIDE BENDS:**

**Starting Position:** Bungee must be anchored above the users head in order to perform this drill. Grasp Torso Trainer™ handles with arms fully extended. Raise handle overhead so that it is parallel with the floor. To reduce the risk of shoulder impingement, keep the handle positioned directly above or in front of the head. Feet should be approximately shoulder-width apart and knees should have a slight bend. The user should be facing perpendicular to the door.

**Action:** (1) While keeping the arms extended, bend laterally at the waist away from the door until the Torso Trainer™ handle is perpendicular with the floor. Pause briefly and then slowly return to the starting position. In order to effectively work the muscles concentrically and eccentrically, both movements must be carefully controlled.

**Variation:** To train in a more unstable environment place a balance disc under each foot or perform the drill in a seated position. Be sure that the area is free of obstructions, as the risk of falling is increased during these advanced drills.



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## **POWER STROKE:**

Starting Position: Position the door anchor at shoulder level and grasp Torso Trainer™ handle with hands. Face the door with shoulders level and feet shoulder width apart.

Action: Rotate at the hip while attempting to drive the end of the handle attached to the tubing back and toward the floor. Use the opposite hand to help steady the Torso Trainer™. Continue to rotate until the heels of the feet begin to lift. Return to the starting position. Repeat in opposite direction.

## **TRAINING RECOMMENDATIONS:**

Use the Torso Trainer™ as a component of your strength workouts. Perform 2-3 sets of each exercise prescribed during the time allotted for core development. As with any training program, it is important to avoid exercising and muscle group too much too often, which could result in overtraining syndrome. Allow 24-48 hours between core development sessions. Use a variety of exercises to maintain user motivation and concentration. Your coach or other qualified professional can assist you with designing a workout that is both challenging and safe.

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