

Step by Step Instructions on How to Use the System

1. Starting Position

Each forward stride must start with your feet close together in the “V” position with your knees turned outward and your body centered over top of your feet. The PowerSkater trucks (the two sliding platforms that you stand on) always start at the apex of the machine. Step on from inside the triangle of the machine. Place both feet on the trucks with your feet flat on top of each truck and your foot against the foot rest (adjust the foot rest to the size of your shoe). You will notice that your feet are in the “V” position. It is recommended that you wear athletic shoes when exercising on the PowerSkater.

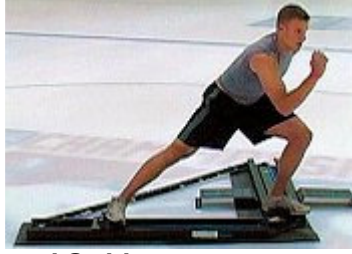
With the foot rests perpendicular to the track, each push will result in a 45 ° hip opening. We recommend that younger and less skilled players learn to open their hip at a 45° angle. Older more proficient skaters may prefer a 30° setting for the foot rest.





2. Starting Posture

The body lean, knee bend, square shoulders, chest up, back straight, arms relaxed in front of your lap, and your head up are the key posture techniques to proper skating. Now that you are standing on both trucks with your feet in the "V" position, bend your knees under your body until they are 2 - 3" past your toes. Lean your body forward at your hips by pivoting at the hip, with your back straight, until your shoulders are vertically in front of each knee, bend at the elbow at an 85 - 90° angle with your hands free. Keep your head up, chest up and looking forward.

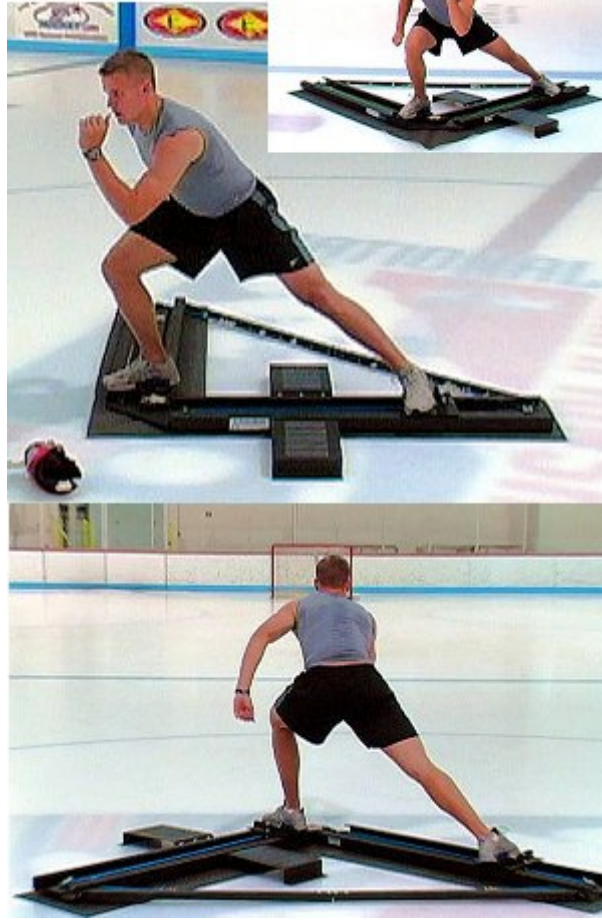


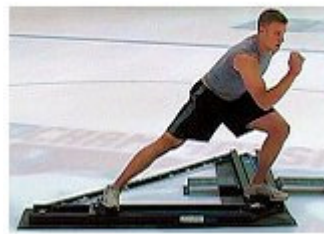
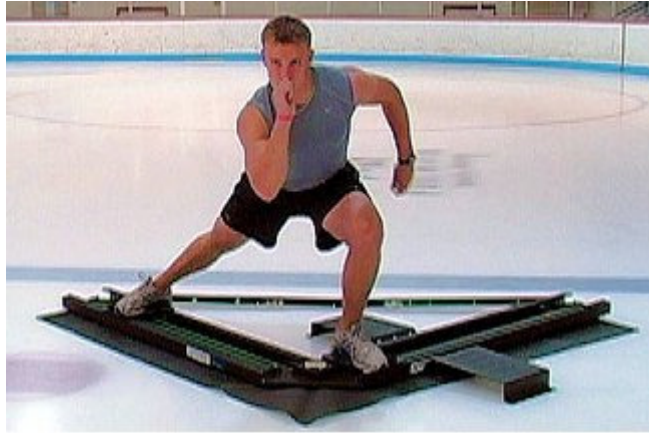
3. Forward Stride

You are now ready to begin your workout. Push either your left or your right foot outward. A proper skating stride must always be backward and outward laterally at a 30° to 45° hip opening. With the foot rests set at 45° , you push the truck backward traveling at a 45° angle from behind your body and at a 45° opening at the hip. When making a stride, take as long a stride as is comfortable. The longer the stride you take where your pushing leg knee is straight will result in greater speed when free skating. Do not move your center of gravity backward in the push, but rather keep your butt over top of the apex of the machine. The opposite knee (glide foot and leg) will be at approximately a 90° knee bend. The only time either knee should be straightened is during the push and leg extension, otherwise the knee must be well bent. Transfer your weight during the leg extensions to your locked gliding foot, maintaining your center of gravity over your upper body.

When you bring your foot forward for another stride, your knee should be well bent and your body profile needs to remain low. Do not bring your body upward, but rather make your lower body do all the work. Keep your shoulders forward. Always keep your knee in front of your glide foot. As soon as the final push has been made, the toe of the foot should be in control of the truck, returning to the "V" stopped position. The truck automatically returns ready for the locked glide position. You are now ready to make an opposite foot and leg push.

Everyone is strong in the push off phase (concentric muscle movement) and are weak on the return (eccentric muscle movement). When you skate on ice you need only to raise your returning foot an inch or so off the ice. When you skate on the machine you must keep your foot on the truck. This will train your muscle to be faster, stronger, and more flexible, translating into speed. Push off and return at equal speed. As an example if you push off at a 1.. 2.. 3.. count, then return to a 1..2..3.. count. Do not let the trucks slam to the front of the machine. Train your mind and your muscles the proper technique. Focus on perfect form.





5. Arm and Shoulder Movement

Proper arm and shoulder movements are important in skating to help propel your body in the forward direction. Quite often you will see the bad habit of the skater's arms and shoulders being thrown from side to side; thus the upper body movement is completely opposite to the lower body direction and movement. Move your arms in time with your feet and leg pushes (left arm forward - left leg outward, right arm forward - right leg outward). By never crossing the vertical midpoint of your body in your arm swing, you will learn to throw your weight forward in time with your lower body movements. As an example, push with your left foot, then swing your left arm forward with the palm of your left hand turned slightly up, never crossing the vertical mid-line of your body. To keep proper balance and full coordination in skating, it is necessary that you utilize your arm and shoulder action in coordination with your feet.



