

FIELD3POWER

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

Art.Nr. 2936101

User's Manual



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Your FieldPower

The FieldPower will bring your training and rehabilitation program 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 team@fieldpower-training.com.

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

Serial number FieldPower:

(you can find the serialno. On the bottom of the FieldPower container).

Your Name:

Date of purchase:

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Content of your FieldPower

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



FieldPower Container (Multi, Force, or XL model), 1 x 107cm Tube with 1 x 8mm ring and 1 x 32mm ring , 1 x Socket bolt 8mm, and 1 x Rubber Cap.



FieldPower Foot



FieldPower Accessories

- 1 x FieldPower Vest M
- 1 x Hip Flexor Set
- 1 x Palm Strap Set
- 1 x Ankle Strap Set
- 1 x 360 belt M

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FieldPower Models

*FieldPower **Multi** Combi*

- 1 x FieldPower Tower with 2 standard cords with 11 meter max. reach. Both cords offer 1,5kg to 7kg resistance, and have a Multi connector (an extra block with hook that can be reconnected at different fixation points on or apart from the FieldPower)
- 1 x 78cm diameter Foot
- Assesory kit

*FieldPower Multi **XL** Combi*

- 1 x FieldPower Tower with 2 standard cords with 21 meter max. reach. Both cords offer 1,5kg to 7kg resistance, and have a Multi connector (an extra block with hook that can be reconnected at different fixation points on or apart from the FieldPower)
- 1 x 78cm diameter Foot
- Assesory kit



*FieldPower Multi **Force** Combi*

- 1 x FieldPower Tower with 1 standard and 1 heavy cord with 11 meter max. reach. 1 standard cord offer 1,5kg to 7kg resistance, and has a Multi connector (an extra block with hook that can be reconnected at different fixation points on or apart from the FieldPower)
- 1 x 78cm diameter Foot
- Assesory kit

NOTE: the FieldPower Multi Force is frequently used in pairs. In this case, place the unit with the heavy cord right on the left side, and the unit with the heavy cord left on the right side.



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Safety instructions

General safety

Maintain the equipment in good working condition. If there are signs of wear, 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 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 completely filled with water or sand.

Do not attempt to service the equipment yourself other than the maintenance instructions found in the manual, or 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 or near 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.

At the beginning of each exercise, make sure you are in the correct position, and the cords can run freely during the whole exercise.

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.

Health check

You should 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 health related actions and choices you make.

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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;
- . the User manual must be read thoroughly 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 32mm hole ring from the 107 cm long tube.
 2. Put the foot on her side and slide the tube in the foot
 3. Screw the socket bolt with the 8mm 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 32mm ring down from the top side until it supports on the foot
 5. **Fill the foot completely with water or sand (it can take about 55 liters) 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 foot !***
 - ***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.***



Do not stand on the foot.

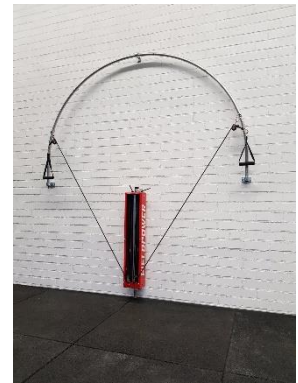
↓ **For moving lift here.** ↓

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... connecting to a wall

1. Fixate 2 handrail brackets with 33 mm hole onto the wall. Find the distance you need by measuring the total length of the inner tube in the FieldPower container (should be at least 930 mm).
2. Take the 107cm long tube and screw the rubber cap onto it.
3. Place and hold the FieldPower between the 2 brackets, and insert the tube.



... connecting to a pole

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



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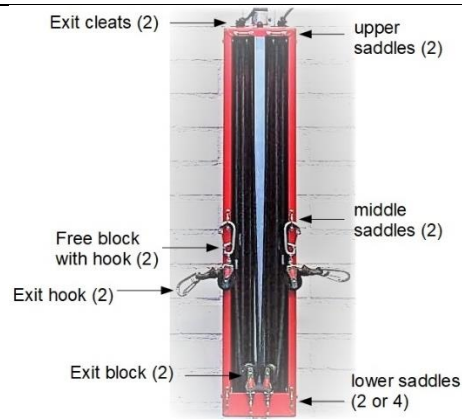
FieldPower container overview

The FieldPower has 6 or 8 saddles: 2 or 4 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.

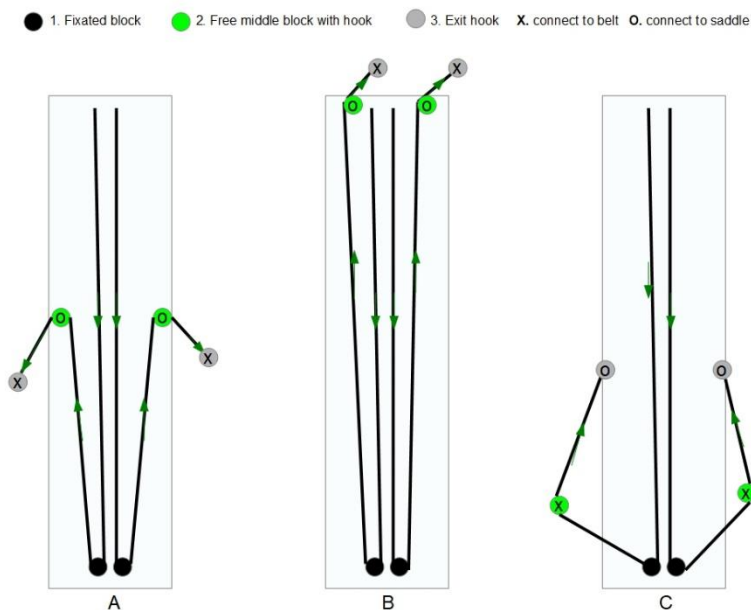
On the front, the cords exit through the fixated exit blocks, then run through the free (middle) blocks with hook, and have an exit hook on the end.

NOTE: the heavy cords do not have a free block.



Multi (Free block with hook) setting options

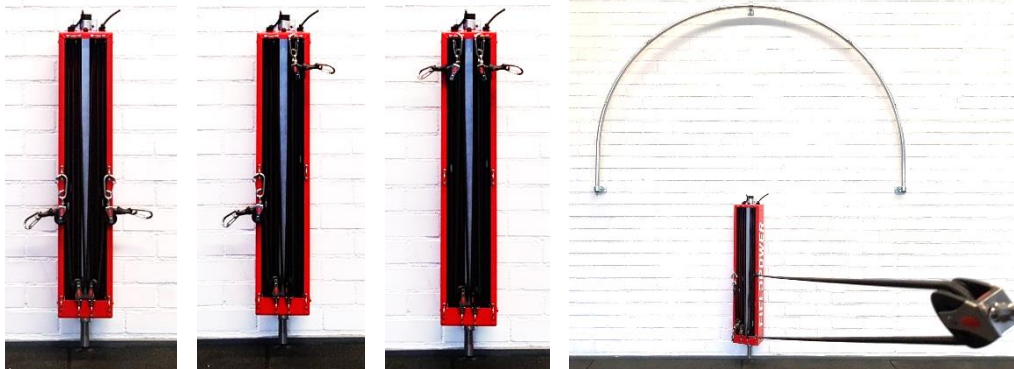
The Multi blocks (only available with light-middle resistance cords) offer the possibility to redirect the force, and to double the resistance.



- Setting a – Free block with hook connected to the middle saddles, exit hook connected to vest or belt.
- Setting b – Free block with hook connected to the upper saddles, exit hook connected to vest or belt.
- Setting c – Exit hook connected to the middle saddle, free block with hook connected to vest or belt. See also 'double resistance setting'.
- **NOTE: do not use the lower saddles !**

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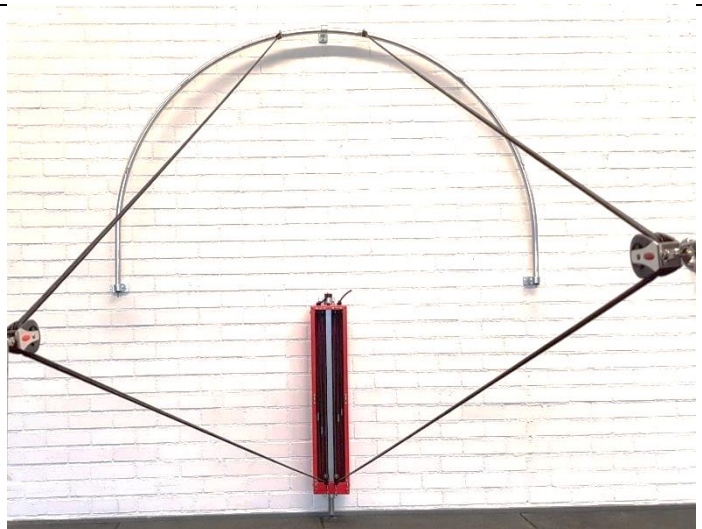


External setting options

Setting d - connect the free block with hook to an external fixated point for overhead exercises.



Setting e - connect the exit hook to an external fixated point for 3D exercises.



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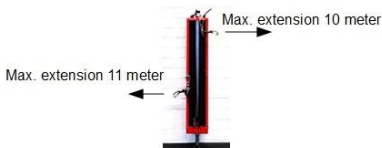
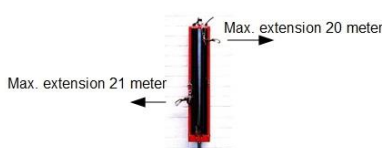
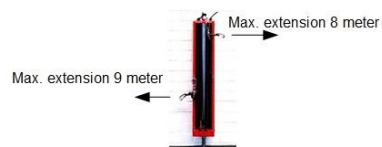
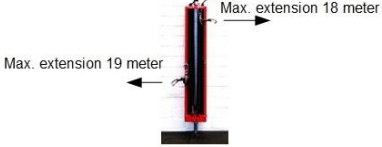
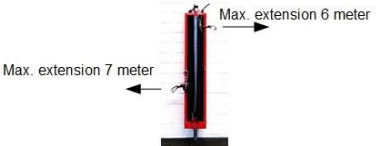
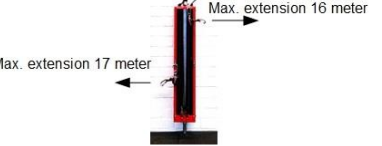
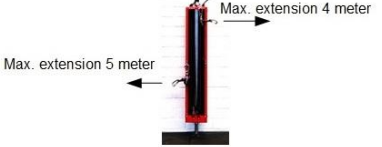
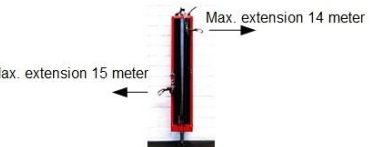
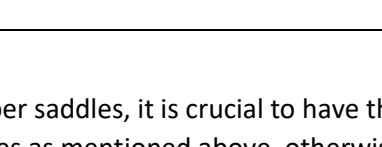
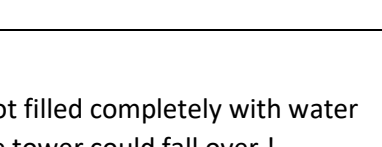
Setting the resistance

... by 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.

For the FieldPower Multi and Force models, the maximal extension is 11 meters. For the XL model the maximal extension is 21 meters.

Note: the cords can be stretched further than the maximal extensions as mentioned, yet 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.

	FieldPower Multi / Force	FieldPower XL
Maximal extension of cords when the hooks are connected to middle or upper saddle.		
External fixation point		
If an external fixated point for hook connection is used, then subtract the distance between exit hook and connection point from the maximal extension. So if 3 meters away, then the maximal extension for the Multi is 8 meter.		
Double resistance / 3D		
For double and 3D settings, use half of the maximal extension mentioned.		

Important ! if you use the upper saddles, it is crucial to have the foot filled completely with water and not to exceed the distances as mentioned above, otherwise the tower could fall over !

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... by 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 or belt (see 'setting c' on page ...).

For double settings, use half of the maximal extension mentioned. *For example, if the cord is not on the cleat, the maximal extension is 5,5 meter for the Multi or Force, and 10,5 meter for the XL model, if the cord is 1 meter extended at the cleat, the maximal extension is 4,5 meter for the Multi or Force, and 9,5 meter for the XL model.*

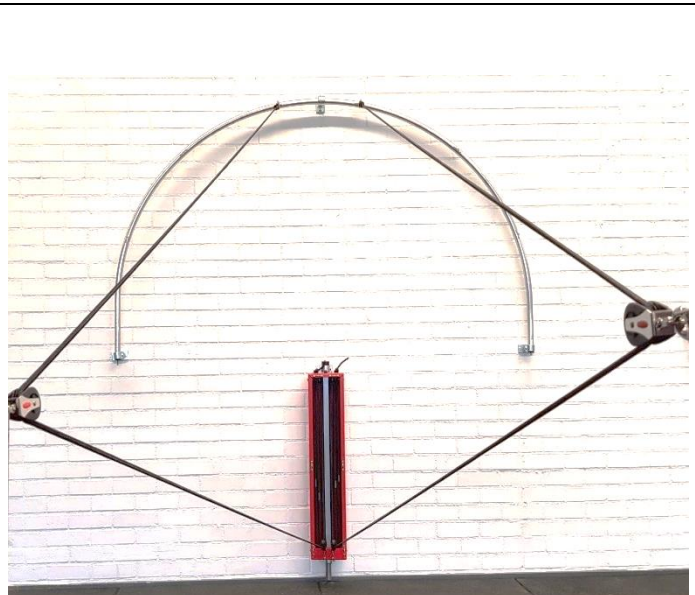


3D setting

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

For the 3D setting, use half of the maximal extension mentioned, including the loss of extension for distance to fixation point.

For example, if the cord is not on the cleat and the distance from the exit block to the external fixation point is 3 meter, the maximal extension is 4 meter for the Multi or Force, and 9 meter for the XL model



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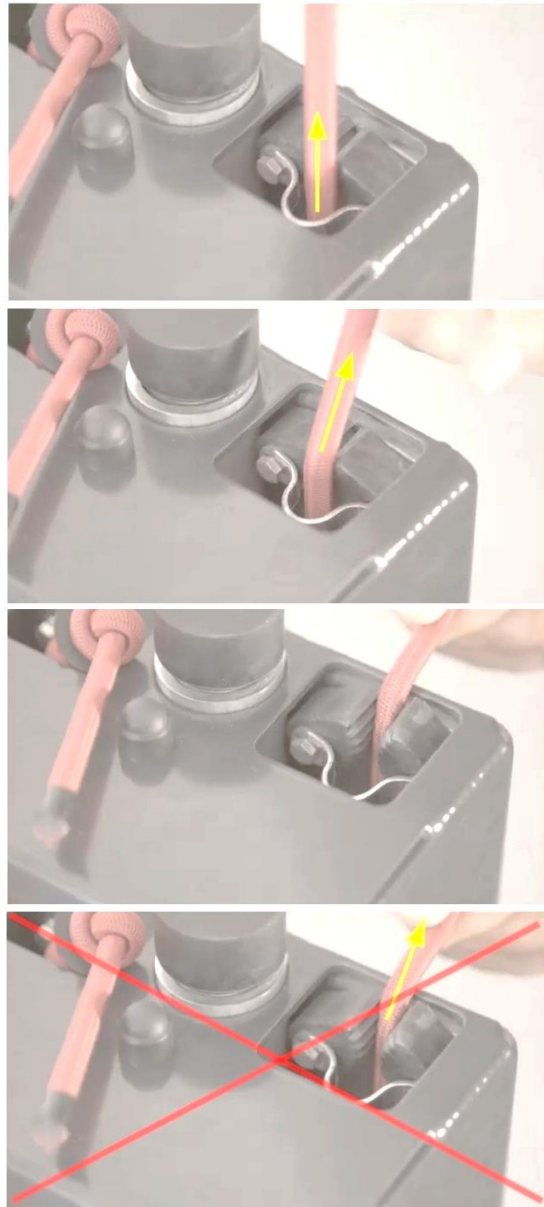
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... using the cleats

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 the cord up to increase resistance, or release the cord down to decrease resistance.
 - **NOTES:** pull or release in a way that the cord rubs onto the cleat or other material as few as possible. 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.
3. Pull the cord back onto the cam cleat while pulling up slightly.

The cords on the Multi or Force model have lines 1 meter separated from each other for reference.



NOTE: we strongly advise to use the cleat resistance change only for exercises close to the FieldPower (up to 2 meter), such as vertical jumps near the FieldPower.,

During exercises further away from the FieldPower, do not increase the resistance using the cleats, but by standing closer or further away from the FieldPower.

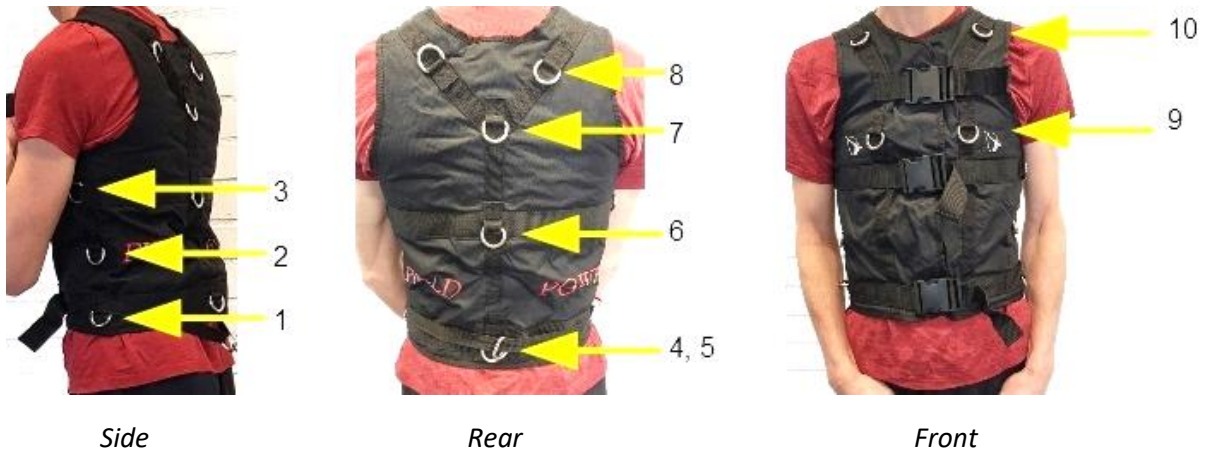
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FieldPower attachment assessories

FieldPower Vest

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



There are 16 different connection rings:

1. Low side left & right
2. Mid side left & right
3. High side left & right
4. 180 free ring
5. Low back
6. Mid back
7. High back center
8. High back left & right
9. Mid front left & right
10. High front left & right

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



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Connect the **heavy cord** or **double standard cord** only on connection rings number 1, 2 (low & mid side) and only if the force is aimed to the side, or to connection ring number 5 (low back) if the force is aimed to the back.

For forward moves with high resistance, use the 360 belt instead.



Connect the single standard cord to rings number 1, 2, 3, 4, 5, 6, 7.



Use rings number 8, 9 and 10 only for suspension activities!

When using more cords on the vest: connect each cord to another ring.

360 Belt

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

Pull the 360 belt opening over your head until the waist.



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Upper leg straps

The upper leg straps can be used in connection with the Vest.



1. Step into the opening with the low hook on the rear side and the triangle pointing upwards.
NOTE: the opening should not be tight around the leg.
2. Connect the upper hook to the low side ring on the Vest.
3. Adjust the height as such that the lower webbing is positioned just above the knee.



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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. Never have the cord aimed in the direction of the head!

Ankle straps



Insert the webbing through the ring and fasten with the velcro.

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FieldPower Positioning

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



Single FieldPower use by one or two people 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 1,2 meter apart from each other.



Symmetric resistance on waist and hands using 2 FieldPowers (left), place the heavy (black) cords on the inside when using 2 Force FieldPowers.

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General Training guide

Before you start ...

The FieldPower offers a constant pulling force through its long cords. The cords and assessories 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 assessories 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.

Other important precautions: 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 totally filled 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.

Container

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

Cords

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.

Specifically check if the outer lower blocks are rotated and the cord has been twisted (see picture).

If the block and cord have been twisted, twist the cord back around its axis until the block has rotated back to the untwisted position.



Accessories

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

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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 twisted and the cords do not rub to any obstacle at any time, including other cords.

Over time, the cords lose part of their function. Also, weather, sunshine, heat, cold and water may influence the characteristics of the cords. Test the cords for strength and elasticity on a regular basis.

We advise to 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.

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Training with the FieldPower

The FieldPower offers the possibility to perform resisted fitness, weight lifting and daily life exercises without speed limitation. The resistance force is virtually independant 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 faster eccentric force production during FieldPower exercise offer unique training stimuli to increase (multi)joint stability, even during sports exercises with the FieldPower.

1RM can further be increased when combining weight with FieldPower resistance.

Typical effects that are unique tot his 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)**
- **Better Change Of Direction (COD) through faster eccentric Force production**
- **Increased joint stability through faster eccentric force production**
- **Better performance through higher maximal Power**
- **More 1RM increase after combining weight and FieldPower.**

Exercises: the possibilities are only limited to your imagination.

Extra tools that can be used: Swiss ball, flowin, treadmill, Bosu ball, Step bench, step box, Speed ladder, Stick, 8Board, EMS, Vibration Training ...

Programming suggestions

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/change – 20 seconds free exercise – 20 seconds pause
- Ski preparation training

REHABILITATION

- Stability improving exercises
 - o Knee rehab: Step down / jump and land with fieldpower
 - o Shoulder rehab: lower arm exorotation release and catch
- Balance improvement (for example after stroke)
 - o Walk forward – backward in between 2 FieldPowers / with 1 FieldPower

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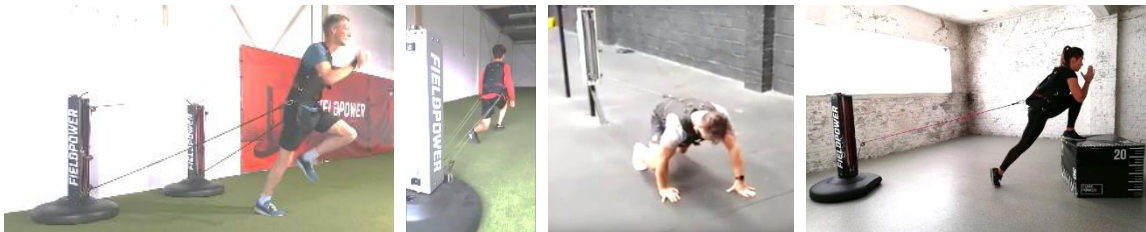
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Ideas for exercises

Vertical jumps (1 or 2 legged)



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



Leg exercises / Stability



Agility / Change of Direction / Break



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Trunk / Arm / Stability



Arm / Shoulder / Trunk



Overhead connections – setting D (single cord exit)



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

