



JUMP-X MACHINE SET-UP

- 1) Set weight so it is close to equal on each stack.
- 2) Select sled position so knees are at 90 degree position.
- 3) Position feet at hip-width apart on either side of logo.
- 4) Grasp the hand rails. Keep head, shoulders, hips, and low back in contact with the pads at all times.

LEG PRESS EXERCISES

Performed with one or two legs. Keep feet in contact with the platform throughout.

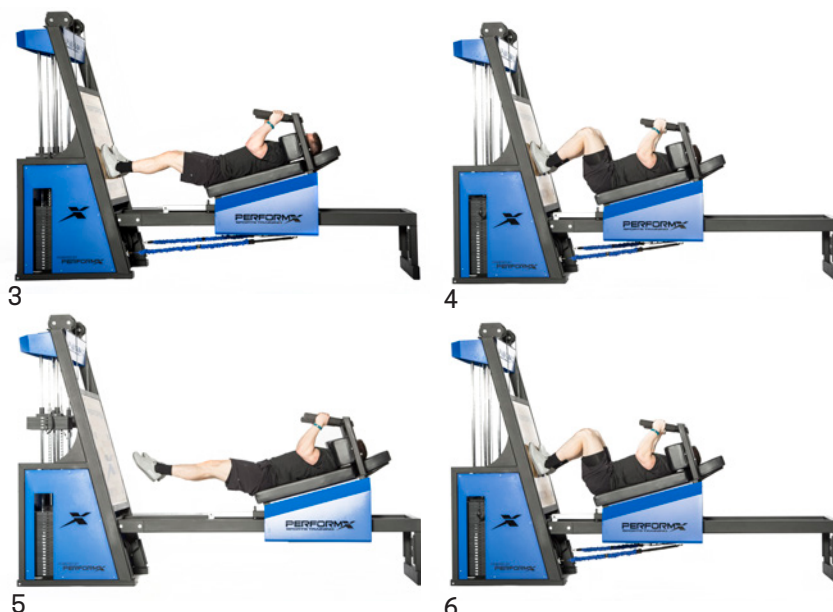
- 1) Descend to a 90 degree position and press out to full extension without 'locking' the knees.
- 2) Control weight through full range of motion.



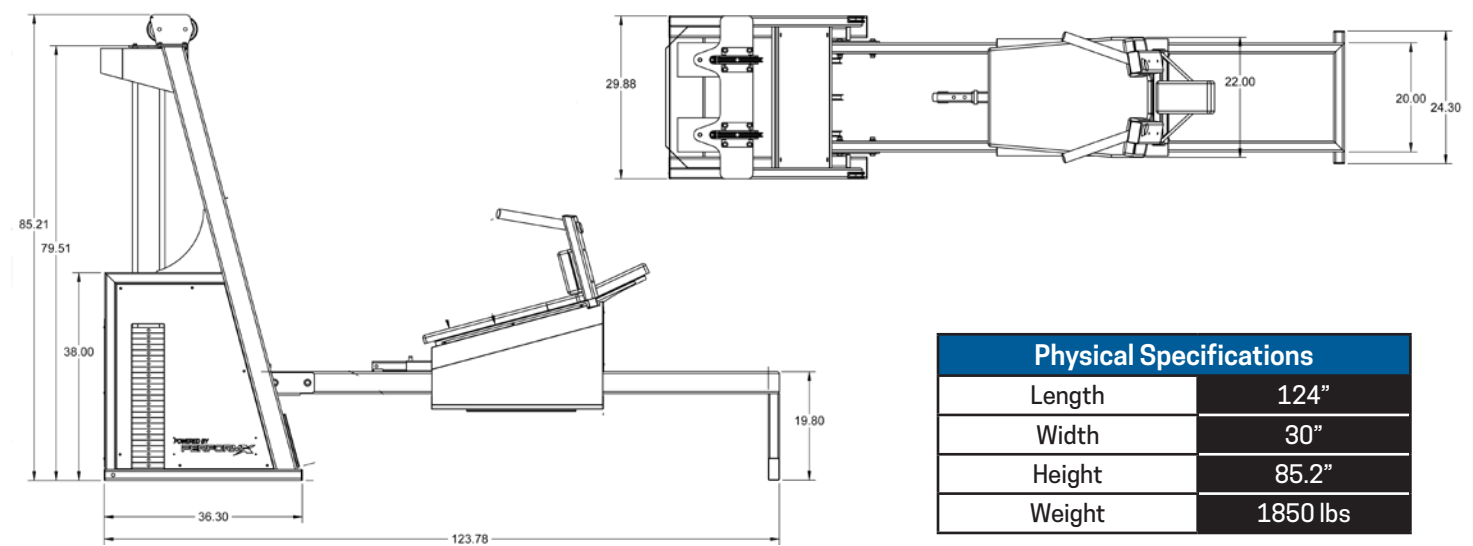
JUMP TRAINING EXERCISES

Performed with one or two legs.

- 3) Start jump training in fully extended position.
- 4) The weight is lowered
- 5) Follow with an immediate forceful jump off the platform.
- 6) Keep head, shoulders, hips, and low back in contact with the pads throughout the jump. Control weight through a full range of motion without allowing the weight to 'crash' down.



JUMP-X MACHINE SPECIFICATIONS



VARIABLE RESISTANCE SET UP

Attach the X-Plode™ cords to the underside of the sled and to the Trak-X™ on the support frame. Front frame for resistance or back frame for assistance.



JUMP-X MACHINE VARIABLE RESISTANCE GUIDE

Jump-X™ Machine Cord (Blue - Heavy Resistance)							Pounds (Based on inches of stretch)			
Jump-X Sled	Loop 1	Loop 2	Loop 3	Loop 4	Loop 5	Loop 6	10"	20"	30"	40"
Position #1	11	5					20	25	30	35
Position #2	11.5	8	4				20.5	25	31	37
Position #3	15	11.5	7				21	27	33	39
Position #4	15.5	14.5	11.5	9			22	28	33	40
Position #5	17.5	15	13	10	6.5		23	29	35	41
Position #6	19	17.5	16	13	11.5	8	24	30	36	42
Position #7	20.5	19.5	16.5	14.5	12	10.5	25	31	37	43
Position #8	22	21	18	17	15.5	13	27	33	39	45
Position #9	22.5	22	20.5	19	17	15	28	34	40	46
Position #10	25	23	21	20	18.5	16.5	30	36	42	48

CORD GUIDELINES:

Thank you for your purchase of the Perform-X® Cord products. Our specialized and unique cord devices allow you to maximize your personal workout and fitness goals.

USAGE GUIDELINES:

- Check cords for tears or punctures before all exercises. DO NOT use if cord has been damaged.
- Check carabiners and trak-x clips for any damage or anything that will not ensure a secure attachment. DO NOT use if carabiners or trak-x clips are damaged.
- Make sure carabiners and trak-x clips are securely attached prior to use.
- Make sure cords are being used as intended. Cords are made to be used at 2-3x their resting length.
- DO NOT stretch cords longer than 2-3x resting length. Increase to a heavier cord resistance or add extra cords to the exercise.
- CAUTION: Anchors and attachment sites can become loose during exercise; make sure to recheck all attachments between sets.

The Trak-X pieces and Cord products are warranted for one year to be without defect in material or workmanship. If there is a covered defect, Perform-X will: (i) at Perform-X's election, replace the defective cords or Trak-X pieces only, not remove or uninstall; (ii) pay the cost of transporting defective Cords or Trak-X pieces to it and returning replacement Cords or Trak-X pieces to Buyer; Buyer must notify Perform-X of any defect in replacement Cords or Trak-X pieces within a period of ninety (90) days after the Cords or Trak-X are received or they will be deemed to be without defect. Warranty must be returned to Perform-X Sports Training within fourteen (14) days of purchase of the Cords or Trak-X. Failure to meet this condition will cause the warranty to be null and void. The limited warranties in this Section do not cover any defects or costs caused by: (i) modification, alteration, repair, or installation (ii) physical abuse to, or misuse of, the Cords or Trak-X or operation thereof; or (iii) any use of the Cords or Trak-X other than that for which they were intended. This warranty also excludes all costs arising from routine cleaning maintenance. Perform-X reserves the right to modify, alter or improve the Cords or Trak-X, or parts thereof, at any time without incurring an obligation to modify, alter, improve or replace the Cords or Trak-X, or parts thereof, previously sold.

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