



## PLYOBACK ELITE™

*The Next Generation  
Medicine Ball Rebounder*

# *User's Guide*



FOCUS ED ON YOUR ACTIVITY

Dear Exertools Customer,

Thank you for investing in an Exertools product. We are committed to providing the market with unique and innovative activity specific training and rehabilitation equipment. This owner's manual contains valuable information about your new product and its operating and assembly requirements. Please take a few minutes to review this material carefully.

If for any reason, any of the products do not meet your performance expectations, we want to hear from you.

Your comments and suggestions are requested. Thank you again for investing in an Exertools product.

We look forward to serving you in the future.

Sincerely,

Eric A. Parsells  
*President*

## COMPONENT DESCRIPTION



## IMPORTANT SAFETY PRECAUTIONS

**Warning:** Before starting any exercise or conditioning program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Please read the following safety precautions carefully and use the product only as described in this manual.

- 1 DO NOT attempt or allow somersaults or flips. Landing on the head or neck can cause serious injury, paralysis, or death even when landing in the middle of the bed.
- 2 Only one person is allowed on the trampoline at one time.
- 3 Trampoline must only be used with mature and knowledgeable supervision.
- 4 Discontinue use of the equipment immediately if you feel faint or dizzy.
- 5 Serious bodily injury can occur if this equipment is not assembled and used correctly and if all instructions are not followed.
- 6 Keep others, especially small children and pets away from equipment when in use.
- 7 Always make sure all parts are tightened and in workable order prior to each use.
- 8 The PlyoBack is intended for people twelve years old and older.
- 9 Stop bounce by flexing knees as feet come in contact with the bed. Avoid bouncing too high. Maintain control.
- 10 Learn fundamental bounces and body positions thoroughly.
- 12 While keeping the head erect, focus eyes on the trampoline and toward the perimeter.
- 13 Bound in the center of the bed.
- 14 Avoid bouncing when tired.
- 15 Keep objects away which could interfere with the performer and from underneath the unit.
- 16 DO NOT use the trampoline while under the influence of alcohol or drugs.
- 17 Do not use the trampoline when it is wet or in windy conditions and always keep the surface dry.
- 18 Trampolines, being rebounding devices, propel the performer to unaccustomed heights and into a variety of body movements.
- 19 All purchasers and all persons using the PlyoBack must become familiar with the manufacturer's recommendations for proper assembly, use and care of the PlyoBack trampoline, as well as being alert to the performer's own limitations in the execution of trampoline / rebounder skills.
- 20 Assembly instructions, safety instructions, trampoline fundamentals and warning labels are included to promote safe, enjoyable use of the PlyoBack.
- 21 The owner and supervisors of the PlyoBack are responsible to make all users aware of the Safety Instructions and practices.
- 22 Place the PlyoBack on a flat level surface (ground or ffoot level) before use and never on a raised or elevated surface.
- 23 Use the PlyoBack in a well-lighted area. Artificial illumination may be required for indoor or shady areas.
- 24 The PlyoBack should be used by only one person at a time.
- 25 Inspect the PlyoBack before each use. Replace any worn, defective, or missing parts.
- 26 Make sure the floor or ground around the PlyoBack is clear of all objects that may cause injury if you step on them when dismounting.
- 27 Adequate overhead clearance is essential. Provide adequate clearance for ceilings, ceiling lights, ceiling fans, wires and tree limbs. Failure to provide adequate head clearance can result in head or neck injury. A minimum of twenty-four (24) feet is recommended for outdoor Lateral clearance is essential. Place the PlyoBack away from walls, structures, fences, play areas, furniture, and other exercise equipment. Maintain a clear space on all sides of the trampoline.
- 28 The weight limit on the PlyoBack is three hundred fifty pounds (350#).
- 29 Always wear the correct footwear such as walking, running, or cross-training shoes. Be sure they fit well, provide foot support, and have rubber non-skid soles. Good traction is required when mounting, using and dismounting the PlyoBack.

*continued*

## IMPORTANT SAFETY PRECAUTIONS *continued*

- 30 Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the PlyoBack.
- 31 Be careful to maintain your balance when mounting, using, dismounting the PlyoBack. Loss of balance may result in a fall and serious bodily injury.
- 32 Do not step on the spring skirt when mounting and dismounting the PlyoBack.
- 33 The PlyoBack is not intended to be used for any gymnastics or acrobatic maneuvers.
- 34 Always store the PlyoBack in a dry place.
- 35 Secure the PlyoBack against unauthorized and unsupervised use.

## INSPECTION

Before each use of your system, make sure to inspect each piece carefully and thoroughly to insure each part of the system is without defect.

- ▶ Inspect the Exballs™ for any holes and/or leaking at the valve
- ▶ Inspect each spring for stretching and/or breakage
- ▶ Inspect each material spring tab for tearing and/or undone sewing
- ▶ Inspect the safety cover to insure proper installation
- ▶ Inspect the adjuster insuring the locking knob is in place and tightened and the adjusting handle is tightened securely

### *Disclaimer*

The information contained in this manual is from the author's experiences and is not intended to replace medical advice. This publication is presented for information purposes only. As with any exercise program, you should consult your physician prior to participation. If you feel any pain associated with the exercises, stop immediately and review the illustrations and descriptions to insure that proper form is being utilized. If form is appropriate and pain still persists, discontinue activity and consult your health care professional. ExerTools, its offices, associates, consultants, dealers and distributors, are neither responsible, nor liable, for any harm or injury resulting from this program or the use of the exercises or exercise devices described herein.

Our goal is that you have fun and get healthier in a safe and beneficial environment, while working to get closer to your physical, psychological and spiritual potential. Before you read about our training theory, we ask that you be sure to have read the disclaimer and return policy at [www.Exertools.com](http://www.Exertools.com)

## EXERTOOLS TRAINING THEORY

The basic goal in rehabilitation and fitness is to enhance one's ability to function within their environment(s), and to better perform the specific activities of daily living from day to day. Moving closer to your potential is directly correlated to your response to different stresses.

It is a well accepted fact that no two people respond to the same stress(es) in the same way, and that no two people of similar abilities and fitness levels, need to be stressed in the same fashion to improve their performance capabilities. Everyone is an individual and must address and develop their health management program(s) to meet their needs and desires.

To realize your intended health, you must know where you are within your potential spectrum, where you want to be and what parameters of health need to be stressed at what level to reach your goal(s).

The core to EXERTOOLS' theory of training for life stems from the belief that a series of evaluations conducted within each individual, as well as those accepted in the fields of exercise physiology, psychology, kinesiology, biomechanics and nutrition. This information helps to provide an easy to follow path to one's potential with defined benchmarks for progression.

## A BRIEF HISTORY

Plyometric exercises combine the components of speed and work to produce power. Moving at high speeds with a mass allows one to over-ride the protective stretch reflex in order to increase the range of motion, lengthen the muscle fibers in use, and hence increase the contractility of strength capabilities of the muscle.

Made popular by the eastern European track world, plyometrics was originally was a lower body training method utilizing bounding and depth jump exercises. To incorporate this training technique into upper body programs the use of the medicine ball was introduced. Unfortunately, unlike the lower body exercises, the medicine ball required a partner, who most often did not maintain an equal fitness or skill level.

The Plyoback Pro™ was originally developed as the perfect medicine ball exercise partner, always available, never too strong or too tired, as well as returning the ball at the correct angle, speed and force.

Since its introduction by EXERTOOLS in 1990, the Plyoback Pro has been integrated as a staple in numerous upper extremity rehabilitation and sport specific exercise protocols, used by top therapists and conditioning coaches for all levels of general orthopedic patients and athletes.

Recently the Plyoback Pro and its accessories (ball rack and a set balls 2,4,7,11 and 15 pound medicine balls) have made their way into the home and has been found to be perfect for the whole family with the introduction of a light institutional model, the PlyoLite.™

Women can use it as a low impact jogger (level, uphill, and/or downhill angles), and as a balance and lunge exerciser to enhance thigh, abdominals, and gluteal programs.

Men can use it for general conditioning, back stabilization and cardio-vascular training.

Children (12 & up) and young adults can use it for sports specific programs, integrating it with Gymballs, DynaDiscs®, Resistance Tubing and Slideboards.

## GENERAL DESCRIPTION

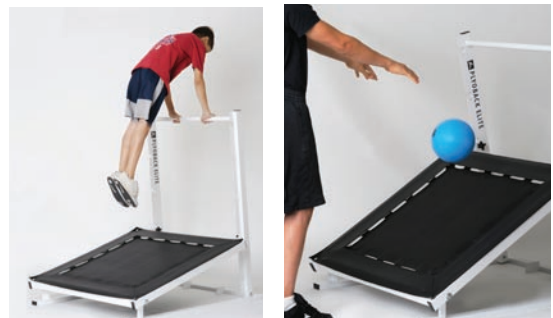
Congratulations, you are now the proud owner of the ExerTools Plyoback™, a complete medicineball rebounding system designed to meet your home exercise goals. This system can consist of:

- ▶ Plyoback™ rebounder
- ▶ Two, four, seven, eleven and fifteen pound, Exballs™
- ▶ Ball rack
- ▶ PlyoPlate™
- ▶ Instructional DVD

### *What makes the PlyoBack Elite Rebounder better?*

Rebounders, which have traditionally, been used at home for light, low impact jogging have been taken to a new level with the Plyoback™. The Plyoback™ rebounder can be used as a:

- ▶ Jogger
- ▶ Balance trainer
- ▶ Lunge stability trainer
- ▶ Lower body flexibility trainer
- ▶ Plyometric training
- ▶ Activity specific conditioning system
- ▶ AND the perfect medicine ball exercise partner, always available, never too strong or too tired, and always returning the ball at the correct angle, speed and force.



## SPECIFICATIONS

### *The Plyoback™ Elite is made up of:*

- ▶ Forty inch (40") square rebounding surface – providing the most versatile rebounding system available to the home exercise market
- ▶ Quick-responsive rebounding surface with 40 springs – allowing for a “true” return of an Exball™ and comfortable standing surface, where all of the spring mechanism is covered for extra safety
- ▶ Double layer trampoline construction that consists of 6 rows of stitching and loop rings sewn in with heavy webbing
- ▶ Spring safety skirt – for an attractive look and protection from stepping into the springs
- ▶ Optional Ball tray – to store your Exballs
- ▶ An adjuster saw tooth bracket – to change the angle of the Plyoback, that is quick and easy to adjust between the angles of zero (parallel to the floor) to sixty degrees
- ▶ Stabilization handle – for support when performing balance, stabilization and jogging exercises
- ▶ Heavy duty construction - all major components (base and trampoline frame, cross braces) are made of seven (11) gauge steel
- ▶ Base frame has the most floor surface area (249 sq. inches) of any other trampoline on the market providing for stability and grip

### *Options*

- ▶ Ball Rack (1 Tier, 2 Tier, or 3 Tier)
- ▶ Wheel Kit for easy movement
- ▶ PlyoPlate for plyometric drills
- ▶ Weight Horn to stabilize the unit in the middle of the floor
- ▶ Protective Mat under the unit to protect the floor surface and for grip

## PLYOBACK ELITE INSTALLATION

- 1 The unit should come out of the box with the front of the base frame already connected to the front of the tramp frame.
- 2 The next piece to connect to the base frame will be the U-shaped, saw-toothed adjusting bar. Place the bar outside of each of the “tabs” coming off the base frame (which can be found about three-quarters of the way from the front of the base frame). Place the bolts provided through the adjusting bar and then the tab. Make sure the configuration is: bolt, washers, adjusting bar, tab, washer, nut. Tighten nut to hold complex in place.
- 3 Set the tramp at a desired height and lock in place by tightening the black locking knob on the adjusting arm horn screw.

## BALL RACK INSTALLATION

- 1 For the first time, we have decided to package the PlyoBacks with free-standing ball racks instead of our attached racks. This will allow you to determine where you want the ball rack to be placed in your facility, behind the PlyoBack, next to the PlyoBack, against a wall, in the middle of the facility close to where the PlyoBack user will be while existing. It’s your choice.
- 2 The unit comes in five pieces:
  - ▶ two feet
  - ▶ two upright posts
  - ▶ one ball tray
- 3 Bolt each of the upright posts to the outside of the ball tray.
- 4 Bolt each of the feet to each of upright feet
- 5 Place where the ball rack where you please
- 6 \*\*\*This unit can be a one, two or three tier ball rack, OR be created into a ToolRack™. Additional tiers can fit below the first tier. ToolRack options are:
  - ▶ Ball Rack
  - ▶ Slanted Rack (for tools like dumbbells)
  - ▶ Baskets
  - ▶ Hooks and posts



## THE EXBALLS

For hundreds of years the medicine ball or some form of weighted sphere has been used for physical conditioning and or sports specific training. Although they experienced a lull in the sixties, seventies and eighties with the advent of tech fitness equipment, the medicine ball returned to the fitness scene in the nineties. They returned with a list of exercises, and arenas of application (sports medicine, physical therapy, athletic training and grown in popularity with every year since.



After consultation with numerous allied health professionals, such as physical therapists, athletic trainers, and exercise physiologist, as well as receiving advice of high school, college and world class coaches, and reviewing the many years feedback from our present customer base, EXERTOOLS developed a weight ball, the Exball™. The Exball is the combination of quality to meet the demands of all users in every market.

The Exballs are constructed of a thick vinyl shell with no stitches, patches, or seams to break or unravel. They are tough enough to withstand even the harshest of applications such as being thrown against a wall or on the floor, yet pliable enough to be easy to catch. The shell's cover is textured (a matted / rippled pattern) making the Exball much

The Exball is filled with an aqueous gel which allows the ball to maintain its round shape, yet have a comfortable give to it making it easy to work with and catch. The Exball is filled different than any other filling used for medicine today. The smooth filling completely fills the shell's cavity making it soft to touch and yet allowing no added inertia filling.



## PLYOBACK EXERCISES

### *Balance / Stability*

- 1 Facing the adjusting bar and holding onto the stabilization handles, stand on the Plyoback™ with two feet
- 2 Facing the adjusting bar and holding onto the stabilization handles, stand on the Plyoback with one foot
- 3 Facing the adjusting bar and NOT holding onto the stabilization handles stand on the Plyoback with two feet
- 4 Facing the adjusting bar and NOT holding onto the stabilization handles stand on the Plyoback with one foot
- 5 Facing the adjusting bar and holding onto the stabilization handles, stand on the Plyoback with two feet and perform a semi squat to a forty-five degree angle at your knees
- 6 Facing the adjusting bar and holding onto the stabilization handles, stand on the Plyoback with one foot and perform a semi squat to a forty-five degree angle at your knees
- 7 Facing the adjusting bar and holding onto the stabilization handles, bounce on the Plyoback from your left foot to your right foot lightly, stop and stabilize on one leg every ninth step
- 8 Facing the adjusting bar and NOT holding onto the stabilization handles, bounce on the Plyoback from your left foot to your right foot lightly, stop and stabilize on one leg every ninth step
- 9 Facing the adjusting bar and holding onto the stabilization handles, jog in place on the Plyoback, stop and stabilize on one leg every ninth step
- 10 Facing the adjusting bar and NOT holding onto the stabilization handles, jog in place on the Plyoback, stop and stabilize on one leg every ninth step
- 11 Perform each of the above exercises facing and NOT facing the adjusting bar, as well as having the adjusting bar on either side of you (uphill, down hill, on the side of a hill), while holding onto and NOT holding onto the stabilization handles, with the Plyoback adjusted to a five degree angle
- 12 Placing the Plyoback on several different angles (starting at flat), perform forward and side lunges both on to and off of the tramp.

### *Cardiovascular*

All exercises should be performed for a “comfortable” period of time. It is best to start with several three minute sessions in a day, graduate to several five and then ten minute sessions, then to two fifteen minute sessions and final one session for thirty or more minutes at least every other day.

- 1 Facing the adjusting bar and holding onto the stabilization handles, jog in place.
- 2 Facing the adjusting bar and NOT holding onto the stabilization handles jog in place.
- 3 Facing the adjusting bar & holding onto the stabilization handles, jump up & down leaving & landing on both feet.
- 4 Facing the adjusting bar and NOT holding onto the stabilization handles jump up and down leaving and landing on both feet.
- 5 Facing the adjusting bar and holding onto the stabilization handles, jump with two feet from side to side.
- 6 Facing the adjusting bar and NOT holding onto the stabilization handles, jump with two feet from side to side.
- 7 Facing the adjusting bar and holding onto the stabilization bar, hopping on one leg from side to side.
- 8 Facing the adjusting bar and NOT holding onto the stabilization bar, hopping on one leg from side to side.
- 9 Facing the adjusting bar & holding onto the stabilization handles, jumping & twisting, leaving & landing on both feet.
- 10 Facing the adjusting bar and NOT holding onto the stabilization handles, jumping and twisting, leaving and landing on both feet.
- 11 Perform each of the above exercises facing and NOT facing the adjusting bar, as well as having the adjusting bar on either side of you (uphill, down hill, on the side of a hill), while holding onto and NOT holding onto the stabilization handles, with the Plyoback™ adjusted to a five degree angle bar.

## EXERCISES *continued*

### *Strength / Power / Plyometrics*

In order to achieve the best results, each of the following exercises should be performed standing three to four feet from the Plyback™ and the tramp at a forty-five degree angle. Each of the exercises can be performed standing, on one knee, on both knees, sitting on the floor and/or on a Dyna Disc™, gymball, rocker board, wobble board, Ultimate Combination Board (U.C.B.)™ or Dyna Board. Start each session using the lighter balls and graduate to the heavier balls through the session. All the following exercises on an Exertools DynaDisc.®

- 1 Chest Press: standing with your feet at shoulder's width apart, and holding the ball with two hands at chest level, pass the ball to the center of the tramp. Make sure to catch the ball with your arms extended and decelerate the ball as you return to the starting position.
- 2 Decline Chest Press: standing at little closer to the tramp, your feet at shoulder's width apart and holding the ball with two hands at chest level, pass the ball "down" to the center of the tramps. Make sure to catch the ball with your arms extended and decelerate the ball as you return to the starting position.
- 3 Pullover: standing with your feet at shoulder's width apart, and holding the ball with two hands over your head, rotating from your shoulder, pass the ball to the center of the tramp. Make sure to adjust your position to the tramp so the ball returns to the starting position. Decelerate the ball while it moves over and behind your head.
- 4 Triceps Extension: standing with your feet at shoulder's width apart, and holding the ball with two hands, over your head or at your chest, rotating from your elbows, pass the ball to the center of the tramps. Make sure you adjust your position to the tramp so the ball returns to the starting position. Catch the ball with your arms extended and decelerate the ball while as you return to the starting position.
- 5 Torso Rotation: standing with your feet at shoulder's width apart, and holding the ball with two hands and on one side of your body at about mid torso. Rotate to the side and of the ball and then to the tramp while passing the ball on a diagonal, to the center of the tramp with a "sweeping" motion. Catch and decelerate the ball on your other side as you rotate. You can also perform this exercise emphasizing on side of the mid-section if you turn you body ninety degrees, so one shoulder is facing the tramp.
- 6 Decline Torso Rotation: standing with your feet at shoulder's width apart, and holding the ball with two hands and on one side of your body, just above your shoulders. Rotate to the side and of the ball and then to the tramp while passing the ball on a diagonal, to the center of the tramp with a "sweeping" motion. Catch and decelerate the ball on your other side as you rotate. You can also perform this exercise emphasizing on side of the mid-section if you turn you body ninety degrees, so one shoulder is facing the tramp.
- 7 Shoulder Internal / External Rotation with 90 degrees of abduction / "the baseball throw": standing with your feet at shoulder's width apart, and holding the ball with one hand in the throwing "cocked" position. Rotate your arm from your shoulder to pass the ball to the center of the tramp. Catch the ball in the "follow through" position and decelerate the ball as it returns to the starting position.

## EXERCISES WITH THE PLYOBACK ELITE

- ▶ Chest Press Jog downhill
- ▶ Pullover Jog uphill
- ▶ Diagonal Chop and Swing Jog on the side of a hill
- ▶ Triceps Extension Jog on flat ground
- ▶ Torso Rotation (standing) Squats
- ▶ Torso Rotation (Seated) Heel Raises
- ▶ Shoulder Extension / Flexion Lunges on flat tramp
- ▶ Shoulder Ab/ Ad duction
- ▶ Lunges on angled tramp
- ▶ Shoulder Internal / External Rotation Neutral
- ▶ Lunges off flat tramp
- ▶ Shoulder Internal / External Rotation at 90° abduction Lunges off angled tramp
- ▶ Abdominal Crunch Balance exercises with resitance cords

## EXERCISES *continued*

### *PlyoBack with PlyoPlate™ Option*

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- ▶ Downhill squats
- ▶ Lunges on flat plate
- ▶ Lunges off flat plate
- ▶ Lunges on angled plate
- ▶ Lunges off angled plate
- ▶ Step ups
- ▶ Step downs
- ▶ Side jump to an angled plate
- ▶ Step up on angled plate with knee and arm drive
- ▶ Jump on flat plate
- ▶ Jump off flat plate
- ▶ Jump to an angled plate
- ▶ Jump off an angled plate
- ▶ Side lunges to an angled plate
- ▶ Side jump to an angled plate

## OPTIONS

PlyoPlate (sits on top of the Trampoline)

1,2,3. Tier Ball Rack

Portable Ball Rack

Weight Horn

Wheel Kit

## PRODUCT WARRANTY

Manufacturer warrants to each buyer of its products ("the buyer") for a period of 1 year (Cords & Bands 90 days) from the date of sales receipt that goods of its manufacture ("Goods") will be free from defects of material and workmanship under normal use. Manufacturer's sole obligation under the foregoing warranties will be limited to either, at Manufacturer's option, replacing or repairing defective goods (subject to limitations hereinafter provided) or refunding the purchase price for such Goods theretofore paid by the Buyer, and Buyer's exclusive remedy for breach of any such warranties will be enforcement of such obligations of Manufacturer. In no event will ExerTools be liable for incidental or consequential damages in jurisdictions where such damages are allowed. If Manufacturer so requests the return of the Goods, the Goods will be redelivered to Manufacturer in accordance with Manufacturer's instructions F.O.B. Factory. The remedies contained herein shall constitute the sole recourse of the Buyer against

Manufacturer for breach of warranty. IN NO EVENT SHALL MANUFACTURER'S LIABILITY ON ANY CLAIM FOR DAMAGES ARISING OUT OF THE MANUFACTURE, SALE, DELIVERY OR USE OF THE GOODS EXCEED THE PURCHASE PRICE OF THE GOODS. The foregoing warranties will not extend to Goods subjected to misuse, neglect, or accident or improper installation or maintenance, or which have been altered or repaired by anyone other than its authorized representative. THE FORGOING ARE EXCLUSIVE AND IN LIEU OF

ALL OTHER WARRANTIES OF MERCHANTABILITY, FITNESS FOR PURPOSE OF ANY OTHER TYPE, WHETHER EXPRESS OR IMPLIED. No person may vary the foregoing warranties and remedies except in writing signed by a duly authorized officer of Manufacture. Warranties or remedies that differ from the foregoing shall not otherwise be binding on Manufacturer. The Buyer's acceptance of delivery of Goods constitutes acceptance of the foregoing warranties and remedies, and all conditions and limitations thereof.

## CUSTOMER SERVICE

### *If you find that:*

- ▶ You need help assembling or operating
- ▶ A part is missing
- ▶ Or you need a repair

Call 1-800-235-1559 Monday - Friday, 8:00 am to 5:00 pm Eastern Time (excluding holidays)

### *Replacement Parts*

If parts become worn and need to be replaced, please call customer service at 1-800-235-1559



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[www.exertools.com](http://www.exertools.com)