

The Jumpsoles
Proprioceptor™

USERS GUIDE

Caution: Consult your physician before use, and use as directed. If you've recently had an ankle or foot injury, Jumpssoles+ Proprioceptors are a great rehab tool after you have sufficiently recovered from injury. Be sure any swelling has gone down and you are pain-free before doing any of these exercises. If you notice any unusual pain, stop and resume only after you are pain-free.

The Jumpsoles *Proprioceptor™*



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Congratulations!

Congratulations on your purchase of the Jumpsoles Proprioceptor™ system! Attached to a set of Proprioceptor-compatible Jumpsoles v 4.0 or higher, the Proprioceptor will greatly expand your Jumpsoles capabilities.

Regardless of who you are or how old, Jumpsole Proprioceptors™ can help, whether you are a junior athlete just beginning a training regimen, a professional athlete at the height of your career, or a senior who wants to regain the agility and mobility you had as a youth, Jumpsole Proprioceptors™ can make a vital difference in your neuromuscular well being.

What is Proprioception?

pro•pri•o•cep•tion (pro'pre-o-sep'shen) *n.* The reception of stimuli arising within the organism [from Latin *proprius*, one's own + (re)ception.]

Proprioception as it relates to exercise is the ability of the brain to recruit the proper muscle groups needed to counteract any outside force. Walking, for example, is an activity we take for granted, but within the second that it takes to take one step, the brain is recruiting and orchestrating many different subcomponents of the leg to contact the ground, transfer energy from heel to and back up through the hip, push/pull the body forward, etc, all while making sure you don't fall flat on your face. Any robot designer will tell you what an amazingly complex task it is to simply walk. The brain is able to propriocept, or assess, how the body is positioned and properly process that information in order to control the body into the next position. For proprioception the brain gets its stimuli from the muscles and also from the eyes and ears.

Proprioception is often synonymous with balance. Challenges to proprioception or balance happen in every day life such as slipping over a banana peel or tripping over a misplaced object. Any time you get thrown off balance is an instance where the brain is especially challenged to propriocept. The stimulus suddenly changes and your brain needs to counteract and compensate. Hopefully, your brain processes these new stimuli quickly enough, to recruit muscle groups which hopefully will respond.

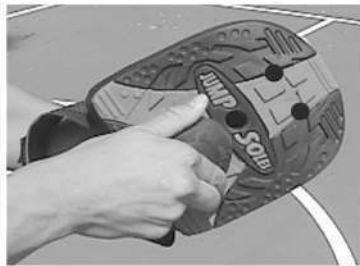
Hopefully is the key word here. If your brain isn't adept at propriocepting, or your muscles are sluggish, you fall and possibly get hurt. If you're an athlete, the risk of injury increases as the length of playing time increases, as fatigue significantly decreases your ability to balance. All too commonly, an ACL tear or a twisted ankle happens without any contact just by landing wrong from a lunge or a jump. The appropriate muscles were incapable of contributing to proper proprioception because of fatigue.

Therefore, proper conditioning of the lower extremities, especially the muscle groups surrounding the knees and ankles is of utmost importance. Your athleticism - running, jumping, agility - not only depends on it, but without properly conditioned knee and ankle muscle groups, you run the risk of serious injury. That's why Jumpsoles Proprioceptors™ can be one of your most valuable training tools. Used properly, Proprioceptors™ both enhance your athleticism and decrease your risk of injury.

How often do I use Proprioceptors?

You can do walking and balancing exercises every day with Proprioceptors. For serious calf muscle mass building, the Proprioceptors can be incorporated into any weight training program - typically 2-3 times a week with rest every other day.

The Jumpsoles **Proprioceptor™**



Attaching your Proprioceptor™ plugs

Firmly grasp the plug and push it into the hole using a twisting motion. It might not go in easily at first, but if you keep twisting as you push, it will eventually go all the way in.

Plug Placement

Notice that there are four holes in your Jumpsoles™ v 5.0. The rearmost hole closer to your heel is the basic position located at the balls of your feet. Working with the plugs in there, you will feel your calves, ankles, and achilles areas being developed. The middle hole closer to your toes is a more advanced position. With the plugs in there, those same areas will feel approximately 3 times more resistance because of the increased reverse leverage (*from just a slight shift in the fulcrum*). In addition, your quads and hamstring areas will be more intensely worked from this position. The two frontmost holes are the most difficult position, used for toe strengthening and ankle eversion exercises



The Best Leg Stretch Device Ever!

With or without plugs, your Jumpsoles are the best leg stretch device ever. As an after workout cooldown activity, just pace around for a minute or two with your heels contacting the ground. You'll feel a good stretch sensation in your achillies, soleus, and gastrocnemius. The effects of stretch in addition to your new proprioceptive strength will further reduce your risk of injury to these areas.



Standing

Stand on one leg and try to balance as long as you can. At first you'll find a post, wall, or doorway useful for support. A variation of this exercise is the knee bend from this position. Crouch down slightly and see how low you can go and still stay balanced. A highly effective knee stabilizing workout!



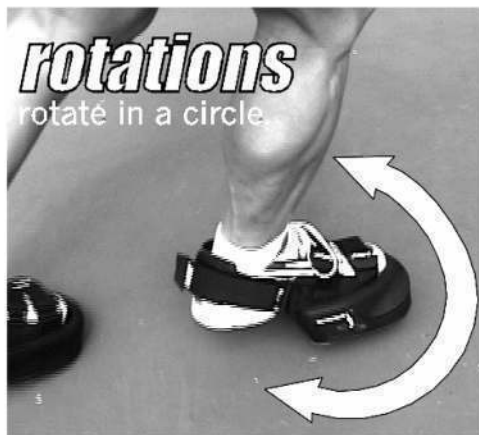
Front - Back

Stand on one leg. Again you'll find a post, wall, or doorway useful for support. Rock forward and backward from heel to toe. Do 3 sets of 10 reps.



Side to Side

Stand on one leg. Again you'll find a post, wall, or doorway useful for support. Rock sideways from edge to edge. Do 3 sets of 10 reps.



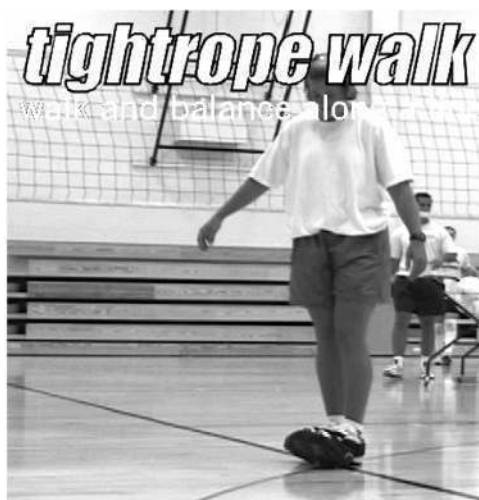
Rotations

Stand on one leg. You'll find a post, wall, or doorway useful for support. Rotate your foot in a circular motion from edge to edge. Do 2 sets of 10 rotations clockwise, then counterclockwise.



Lunges

Step forward with good upright back posture. Hold the forward position for 3 seconds, then stand back up. Do 3 sets of 10 reps for each leg. Vary this exercise by stepping diagonally with each leg, and then sideways with each leg. Do 3 sets of 10 reps for each leg.



Tightrope Walk

Find a tennis, basketball, or volleyball court. Walk along a line slowly. This is a very effective dynamic balance exercise. For added challenge, close your eyes and imagine walking along the tightrope. Vision is a primary cue for balancing, and you'll notice the extra degree of difficulty when your eyes are closed. Next, try walking backwards.

New Features of JumpSoles v5.0 Proprioceptor™

Your new Version 5.0 Jumpsoles Proprioceptor™ now has the exciting new feature of dual holes at the toe. Dual holes allow you to specifically work two very important areas of your lower leg: 1) your big toe and 2) your outer ankle

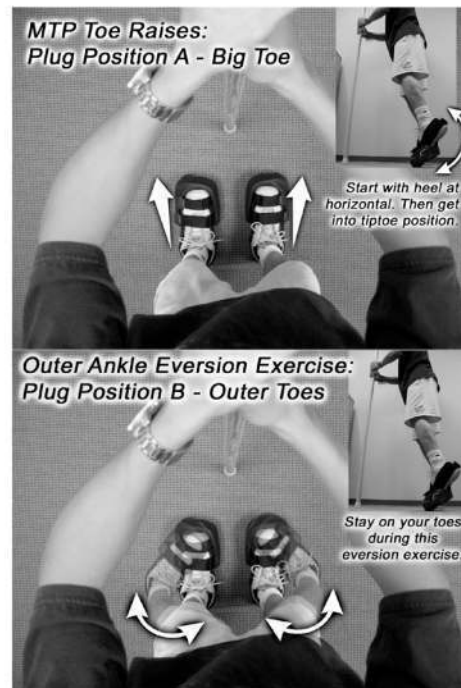
1) Big Toe: An exclusive feature of Jumpsoles Proprioceptors is MTP Centering™. It allows for plug placement in line with the big toe. After quads and calves, your big toes contribute a surprising amount to your vertical jump and running speed. As a great deal of energy transfer occurs at the big toe area, specifically targeting your metatarsophalangeal (MTP) muscle flexor (toe flexor muscles) can improve your running and jumping performance noticeably. By working your toe flexor muscles just a few times a week, you can easily gain an extra inch of vertical jump improvement.

2) Outer Ankle -- a vast majority of ankle injuries occur to the outside of the ankle where ligaments tear when the foot rolls inward. You can guard against this risk by strengthening your ankle eversion muscles which counteract inward roll and point the foot back outward.

A stretch pole comes in handy for doing both the above exercises.



When working on the MTP area, place the plug in position A closest to the big toe. When working on the outer ankle, place the plug in the other hole position B.



Advanced Exercises with Proprioceptors



Clean & Push Press

A stretch pole works well for this exercise. Grab a dumbbell and hoist it up overhead. The Proprioceptors™ magnify the activity load placed on the feet be as much as 10:1!

Lunge Twists



While doing a lunge walk, swing a medicine ball in a wide arc overhead. Remember that the ball swings toward and across the forward moving leg. The added momentum of the swinging medicine ball requires extra stabilization from muscles surrounding the knees and ankles. For added challenge, do lunge walks backward.



Medicine ball toss

Toss a medicine ball to a partner while balancing on one leg. For best plyometric development, toss the ball back to your partner as soon as you catch it, trying to minimize the time of contact with the ball. Do 3 sets of 15 throws.

Advanced Exercises with Proprioceptors



Bench Blasts

Step up vigorously onto a bench 12"-18" high. Switch legs on the way down. Do 3 sets of 10 reps.



Box Jumps

Jump back and forth onto a pair of boxes. The boxes can be from 12" for beginners to 18" or 24" high. Boxes can be of equal height or of mixed heights. Do 3 sets of 10 jumps.



Machine assisteds

Jumpsoles Proprioceptors™ are a great addition to any leg machine at your gym where you would otherwise stand. Two footed at first, then one footed as you get stronger, you'll see the immediate extra effort required to lift even the lightest of weights. Proprioceptors™ multiply the effectiveness of any leg machine exercise.

The Jumpsoles Proprioceptor Workout Program

Do this workout every other day or after your Jumpsoles plyometric workout. Jumpsoles plyometrics involving running, jumping, and hopping are best done on soft to medium surfaces such as dirt or grass. In contrast, Proprioceptor strength exercises are best done on harder surfaces where the plugs can wobble most freely. Carpeted surfaces tend to limit the wobble effect. For freedom of wobble and maximum challenge, try doing Proprioceptor exercises on a smooth court, driveway, or linoleum hallway. On single leg exercises, you can lean against a wall to help you maintain your balance. Even better, is using a stretch pole, which lets you lean in different ways to vary weight bearing intensity. Rest 30 secs between sets.

Basic Level Exercises

<i>Exercise</i>	<i>Sets x Reps:</i>
Standing (Balance on one leg and do ¼ knee bends)	3x10 knee bends each leg
Front-Back	3x10 motions each leg
Side to Side	3x10 motions each leg
Rotations	2x10 rotations, clockwise, each leg 2x10 rotations, counterclockwise, each leg
Lunges	3x10 lunges each leg
Tightrope Walk	Walk 10 yds slowly forwards, then backwards.

Advanced Level Exercises

In addition to the basic level exercises, add one or more of the exercises mentioned here:

- ☐ Any exercise from the **Advanced Exercises** section shown on previous pages.
- ☐ **MTP Toe Raises and Outer Ankle Eversions:** 2x10 movements each
- ☐ **Rapid Lunges:** Successful scoring in many sports requires quick starts from a standstill. Develop an unstoppable first-step move by lunging rapidly in various directions - forward, diagonal, & sideways. Do 2 sets of 10 lunges in each direction off of the left foot. Then repeat off of the right foot. This exercise is different from the regular lunge in that you don't hold the forward position for 3 seconds, but power back up to starting position as rapidly and explosively as possible.
- ☐ Do all of the basic and advanced exercises with Proprioceptor Plug in the **middle position**
- ☐ **Toe Walks:** With Proprioceptor Plug in the frontmost position, walk forward on your toes for 10 to 20 steps. Then backward. Extremely challenging for your toes and calves! You'll develop calf and toe strength worthy of a ballet dancer. Stronger calves and toes increase your power base for faster sprinting and higher jumping.
- ☐ You can see more advanced movements to train agility and footwork in the **Advanced Proprioceptor Video**.



Plyoball™ medicine balls

Plyoball™ medicine balls are the world's finest balls because of their unique Tractogrip™ surface which make them soft and easy to grip for throwing and catching.
6 lb ball \$39.95 +\$9 s/h

**Visit www.jumpusa.com for more medicine balls:
single handle, double handle, ball+ropes**

Plyometric Jump Boxes

Plyometric jump boxes are a vital part of your jump, speed, and quickness training. Our rugged steel frame boxes are built to withstand the rigors of power plyometrics.

12" box \$79.95, 18" box \$89.95 24" box \$99.95

Set of 3 boxes reg price \$269.85

special set price \$249.85 save 20! +\$44 s/h

Visit www.jumpusa.com for more box sizes!



Hypergravity weight belts

Hypergravity weight belts are an excellent way to increase the intensity of your proprioceptive workouts.

Weight belts have an advantage over weighted vests because the weight is loaded at your center of gravity, won't compress your spine on landings, and is easier to wear around every day than vests which can get hot and bulky.

10 lb belt \$99.95 +\$12 s/h

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Stretch Pole

The Stretch Pole allows you to balance on it and vary body weight for extra demanding Proprioceptor exercises. Plus, watch the included "Teefork" video to see how to stretch with it and get more rotational power for sports like golf and baseball. 6 ft hardwood with rubber tips. \$39.95 +\$9 s/h



Get everything on this page:

6 lb Plyoball, 12", 18", 24" Jump Boxes, 10 lb-HyperGravity Weightbelt, Stretch Pole -- value **\$459.70**
-- all for only \$399.95

You save almost \$60!

Offer good for online orders only.

Go online now: www.jumpusa.com

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