

Smart Cart™

CONGRATULATIONS! You've acquired one of the most unique and versatile training systems available anywhere!

The Smart Cart™ Training System organizes your training equipment so that it is easy to use and easy to store. With this breakthrough product, all of the traditional storage and carrying hassles are avoided.

We are proud of this flagship product, mostly because we know that it can make life much easier for coaches, trainers, and PE teachers alike.

The Smart Cart™ can be rolled to the center of the training area, inside or outside. Having your training tools available in an organized fashion will improve both the efficiency and effectiveness of your training sessions.

We have included instructions, training tips, and suggested drills to help you achieve maximum benefit from our products.

Remember to experiment, be creative, and have fun! If you take photos of your teams or groups using the products and email them to us, we will post them on our website and Facebook page.



SMART CART INCLUDES:

- | | |
|---|--|
| (12) Smart Hurdle #1 | (4) 4lb Medicine Balls |
| (12) Smart Hurdle #2 | (2) 6lb Medicine Balls |
| (6) Smart Hurdle #4 | (6) Jump Ropes |
| (2) 15ft Smart Modular Agility Ladder™ | (1) Smart Cart™ Rack |
| (6) 4ft Sleeved Resistance Tubing
2 X-Light/Blue, 2 Light/Green,
2 Medium/Red | (1) Equipment Placement
card that hangs on Rack |

USING THE SMART CART™ TRAINING SYSTEM WITH LARGE GROUPS

Training a large group has always been difficult. Keeping the participants active and organized is a challenge for most teachers and coaches. Using the products available with the Smart Cart™ Training System and a timed, ROTATIONAL CIRCUIT (example follows), you'll be able to keep as many as 60 athletes working at a high level, meeting your training/fitness objectives in one hour.

Rotational Circuit Guidelines

Based on fifteen stations, maximum of 4 participants per station. See diagram below.

Each station will have a basic instructional guide (single sheet of paper with four named exercises listed). Each station consists of a loosely defined space. The stations are placed in a circular alignment so athletes can move from station to station quickly. All the necessary equipment to perform the station exercises is placed in the stations area. Hurdles and ladders are set up according to the specified drills listed on the individual station instructional guides. (Note: Prior to the first use of the

Circuit you will have to spend time as a group teaching the various exercises involved at each Circuit. It is very important for participants to understand the mechanics of each exercise and all safety concerns involved.) Some of the circuit drills can use partners working together. If partner drills are part of your circuit, it is necessary to have even numbers at all stations (minimum of 2, maximum of 4). You can easily create circuits that do not require partner drills or designate an optional exercise, if needed.



ROTATIONAL CIRCUIT

Station 1 4 Jump Rope Exercises	Station 2 4 MedBall Exercises	Station 3 4 Hurdle #4 Exercises	Station 4 4 Resistance Exercises
Station 14 4 Squat Exercises	Station 15 Rest		Station 5 4 Lunge Exercises
Station 13 4 Crawling Exercises			Station 6 4 Crawling Exercises
Station 12 4 Ladder Exercises			Station 7 4 Ladder Exercises
Station 11 4 Hurdle #4 Exercises	Station 10 4 Resistance Exercises	Station 9 4 MedBall Exercises	Station 8 4 Hurdle #1 & #2 Exercises

Athletes will divide up, choosing which station to start from. A timing mechanism will be used to determine when all groups will move to the next station. A 30-30 (work to rest) circuit will have participants performing the exercise at each station for 30 seconds, followed by a 30 second rest and rotate interval, allowing them to move to the next station. When athletes have completed one full circuit of all 15 stations, they will continue to rotate through the stations moving to the second exercise listed, the third exercise listed for the third rotation and the fourth exercise listed for the fourth and final rotation. Depending on the type of exercises involved, you may select one or more rest stations. Rest stations should be placed directly following a particularly demanding exercise (squat jumps for example).

Print your instructions for each station on 8.5" x 11" paper. Set necessary equipment next to each station instruction sheet. Be sure to go through a proper warm-up routine prior to beginning the circuit.

See the last page for a 12-Station Training Module, using the Smart Agility Ladder, the Smart Hurdles, Smart Medicine Balls and other basic equipment.

SMART HURDLES

SMART HURDLE™ INSTRUCTIONS

Smart Hurdles™ are designed to give you virtually unlimited training options without the common problems of transporting and storing training equipment.

Smart Hurdles #1 & #2 are sold in sets of 6. These are non-adjustable hurdles in 6" and 12" height, respectively. Included with each set is a carry and storage handle. Smart Hurdles #3, #4 & #5 are typically sold in sets of 3. The Smart Cart™ comes equipped with 6 of the #4 size Smart Hurdles™. These are adjustable hurdles that can quickly and easily be set to a variety of heights. The convenient storage/carry handle (available separately) works well with these hurdles, too. One handle holds up to four hurdles.

Here are a few tips to make hurdle set-up and take down a snap:

1. Keep Smart Hurdles™ on their storage and carrying handle whenever they are not in use (not necessary if stored on the rack).
2. Set hurdles up by pulling the rubber tubing off of the point of the spindle on which the hurdles are organized, and then turning the support-leg out (like the kick-stand on a bicycle).
NOTE: the support-leg can rotate to either side of the hurdle.
3. Arrange the hurdles in the desired training pattern. Remember that one side of each hurdle does not have a support-leg; a safety feature that is especially important when doing lateral movement drills. By keeping the horizontal support-leg of all hurdles to one side of the training pattern and having all athletes oriented so that they can see them, you permit easy lateral movement without the risk of landing on any part of the hurdle.
4. Smart Hurdles #4 are adjustable. To raise (or lower) the height, hold the lower portion of the hurdle down while gently pulling (or pushing) evenly on both sides of the hurdle cross-bar. The uprights are notched to properly align the cross-bar. Return the cross-bar to its lowest height before placing on the handle.
5. To pick up your Smart Hurdles™, it is easiest to approach them from the front (with the support-legs pointing away from you). Slide a hurdle onto the carrying and storage handle; rotate the support-leg inward, back to its closed position, and repeat until all hurdles are back on the handle. Stretch the tubing forward and slip the opening over the end of the spindle to lock your hurdles in place.
6. Enjoy a simpler, less cluttered training life!



Always face the hurdles so you can see the support-leg, or "kickstand", whenever you are moving laterally.

SMART MODULAR AGILITY LADDER

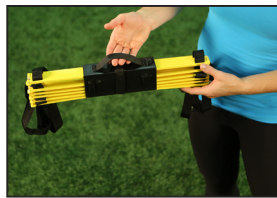
The flat-rung Smart Modular Agility Ladder™ will help you learn to move like an athlete, with quickness, agility, coordination and control. This high-quality, versatile athletic training tool is also designed to be very easy to use. Watch our YouTube Channel to see a variety of ladder patterns and drills.

The Smart Modular Agility Ladder™ can be used on nearly any surface. It's best to choose non-skid surfaces for safety. **WARNING:** If using on hardwood or tile, just be aware that it can slip if you step on the rungs.

TO STORE THE LADDER:

Hold the organizer open side up and place each ladder rung into the organizer slot, using the center notch for alignment. Wrap the black Velcro strap around the organizer, keeping the rungs within the organizer slot.

If you have more than one 15' ladder, you can twist two organizers counter-clockwise (see below) and connect them together for easy transportation and storage. (To disconnect two organizers, simply twist clockwise.)



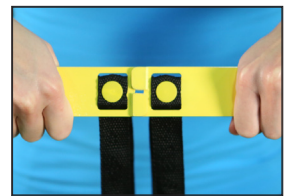
TO SET OUT THE LADDER:

Hold the organizer open side up and unwrap the black Velcro strap. Pull each rung out one at a time and lay them on the ground while walking backwards. A quick tug at the end of the ladder will leave your ladder straightened and ready to use.

SNAPS AND SEGMENTS:

The Smart Modular Agility Ladder™ is equipped with snap couplers at the end of each segment which allows for many different configurations.

AND, the ladder features a male/female connector at each rung end to easily twist and connect as many rungs together as you'd like... to make a double ladder, triple ladder, or grid!

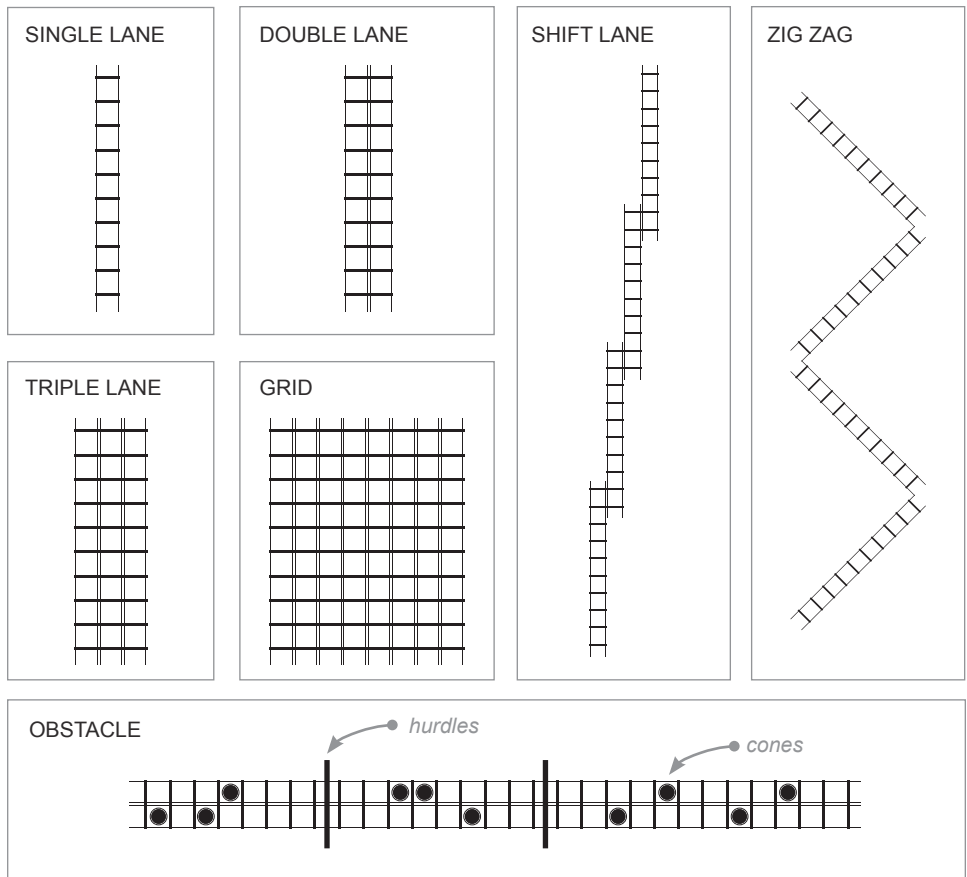


HELPFUL TRAINING TIPS:

- Relax! You will move with greater precision and control if you avoid tensing your muscles.
- Relate the elements of any drill to the movements you make in competition. Often, drill movements are identical to competition movements with the added challenge of *precisely* placing your feet.
- Don't sabotage yourself by attempting to make your feet go faster than they are able to correctly negotiate all the rungs of the ladder. Remember, you want to develop control as well as quickness.
- Learn quickly by first practicing slowly. Find the rhythm of the drill before you pick up the tempo.
- If you are struggling with a particular drill, count the rhythm out loud, either with numbers or word cues ("in," "out," "cross," etc.) until the movement begins to flow.
- Use your arms! You will generate more speed and have more control if you use your arms as an additional balance and power-producing force.
- Focus on learning one or two drills per training session until you have developed a good base of exercise options. Don't try to learn all of the drills at once.
- Don't judge yourself based on first attempts. It's not as easy as it looks, so be patient with yourself. You'll eventually master all of the drills, as long as you don't quit too early.

PATTERN IDEAS:

Snap ladders together for the desired length AND connect rungs together to create the desired width. Create various patterns from double/triple lane ladders to obstacles, zig zag patterns, and a full grid! Of course, you can stick with the original single lane ladder and make it any length you like by adding more ladders to the end.



FOR EXERCISE VIDEOS: www.prismfitnessgroup.com/modular-agility-ladder

JUMP ROPE

Jumping rope can build strength, coordination and cardio vascular stamina. It is one of the best all-around exercises for the body and very efficient at burning calories.

It is important to first ensure all participants use proper posture:

- Chest up and head facing forward
- Abs slightly contracted to stand tall, with back straight
- Feet together
- Stand lightly on balls of feet, heels slightly lifted
- Bent knees should line with toes
- Both sides balanced – 50% weight on each leg
- Tuck elbows in close to the body, forearms parallel to the floor and out from your sides

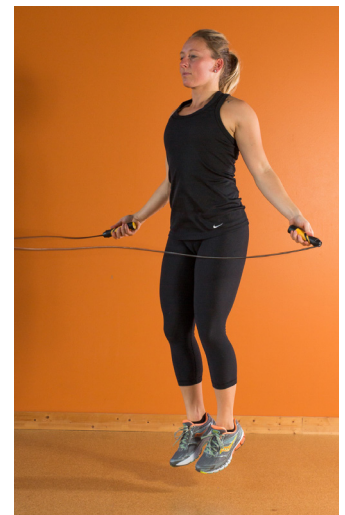
In a class of various jump rope experience levels, it would be best to keep the jump routines simple for starters using traditional jumps and alternating jumps.

Traditional jumps are single jumps with both feet together, twirling the rope overhead at about 70-80 revolutions per minute, with your feet rising only 1-2" off the ground.

Alternating jumps entail alternating feet in a natural running or jogging gait, with raised legs staying in front of the body with the supporting foot remaining only 1-2" off the ground.

RECOMMENDED EXERCISE:

1. Traditional 2-footed jumps at 70-80 jumps per minute for 30 seconds. (35-40 jumps per segment)
 2. Rest for 10 seconds
 3. Jump 70-80 jumps per minute for another 30 seconds.
- Option: switch between traditional and alternating foot jumps every 30 seconds.



SLEEVED TUBING RESISTANCE TRAINING

Progressive resistance is an effective way to tone muscles and build strength while minimizing the risk of injury. The exercises below could be done by reps or by time:

Rep Example: 10 reps x 2-3 segments with 10 second rests between segments)

Timed Exercise Example: 1 rep per 2-3 seconds over 30 second exercise time); 10 second rest; repeat for another 30 seconds.

It is recommended that if a multiple sequence using resistance tubing is planned for one station, that the exercise segments switch between arm/upper body exercise and leg/core/lower body exercises.

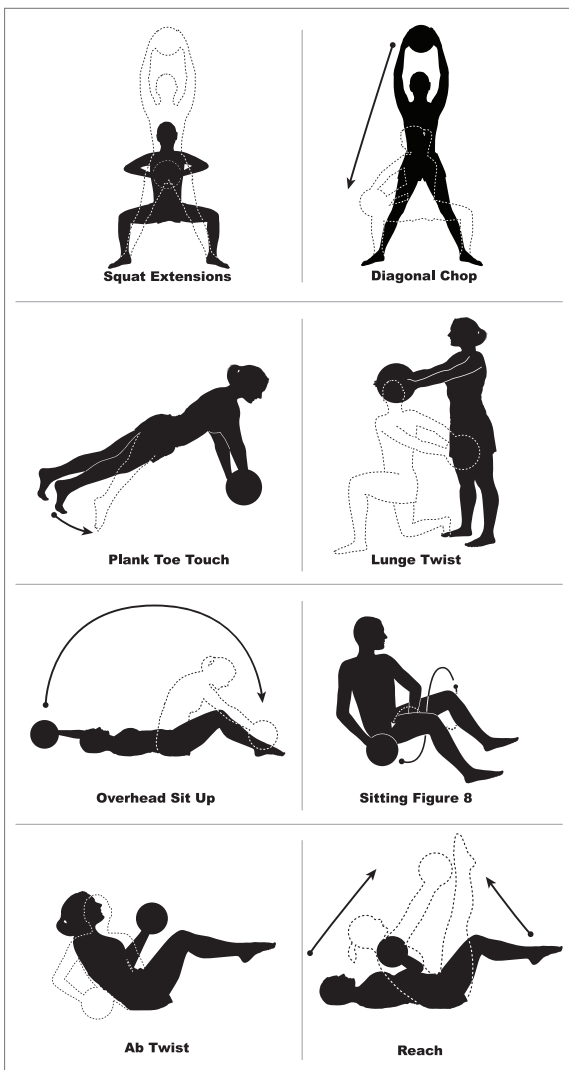


MEDICINE BALL

Here are some of the most common and effective uses of a medicine ball, although there are more.

Medicine balls can also be an effective and fun way to engage partners in a group exercise situation. Have two participants throw the medicine ball underhand from the side of the body to each other. After 30 seconds, switch to the other side of the body.

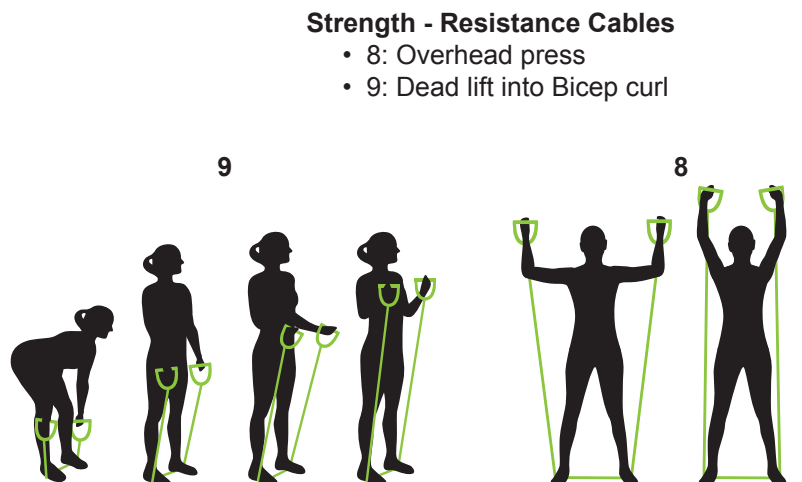
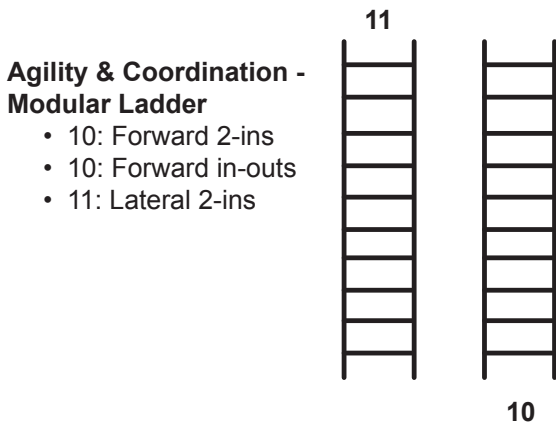
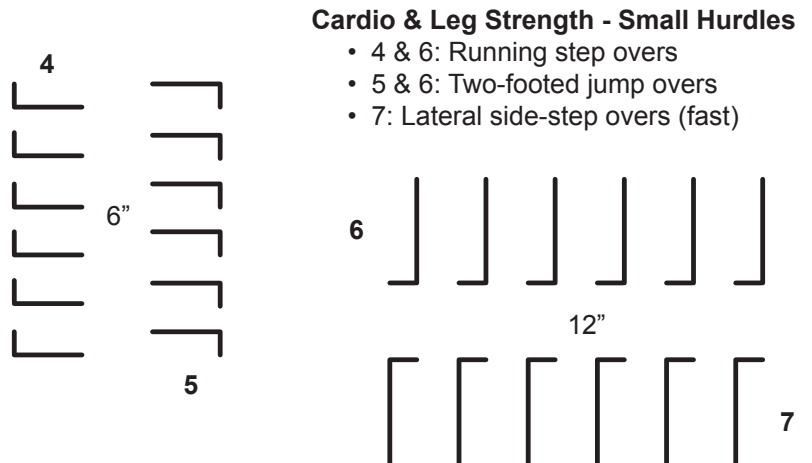
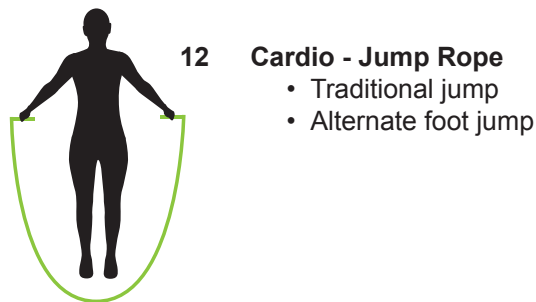
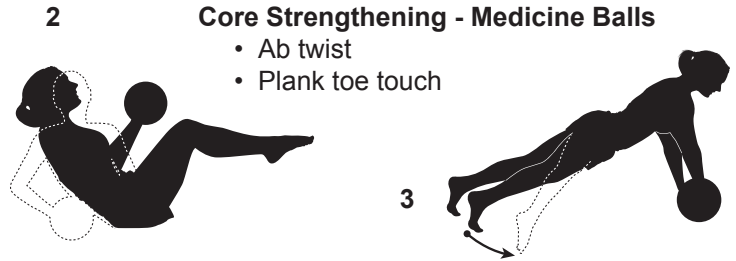
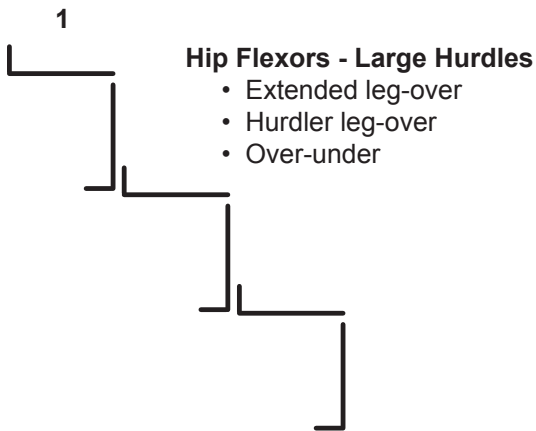
This movement can also be done solo by one participant throwing the medicine ball against a hard wall and catching it on alternating sides of the body with each throw.



SMART CART 12-STATION TRAINING MODULE

The SmartCart equipment can be set up to train as many as 60 students or athletes in a single timed rotational circuit. Below shows how to arrange 12 stations in a circuit flow with 3 participants per station.

Any number of stations can be added with or without equipment, depending on the size of the group.



SMART CART PRODUCT PLACEMENT



FRONT VIEW

- **6 Smart Hurdles #4** set over the upper two posts
- **6 Smart Medicine Balls** sit on the posts located inside the Smart Hurdles
- **6 Sleeved Tubing** hang from the post off the top cross rail



BACK VIEW

- **12 Smart Hurdles #1** set on the first and second rows of posts (6 on Top, 6 on 2nd)
- **12 Smart Hurdles #2** set on the third and fifth rows of posts (6 on 3rd, 6 on 5th)
- **1 Smart Agility Ladder** rests on the fourth row of posts
- **6 Jump Ropes** hang from the post off the top cross rail