



www.gillathletics.com
800-637-3090

700231 & 700232 - PACER GIZMO INSTRUCTIONS



Available in two grip sizes.

700231 Small Grip 15-16 Mandrel Sizes

700232 Large Grip 9-11 Mandrel Sizes

The Pacer Gizmo is the training device that helps you vault higher because it simulates “in the air” movements while safely on the ground.

Consists of:

1 x Shaft

1 x Foot Strap

3 x Resistance Cords



WARNING: This is not a toy. Check the elastic cord before each use for damage. Do not over stretch the cord. Wear eye protection.



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Drill #1

With the foot strap on your left foot, raise your right leg and pull the pole up and back.



Drill #2

With the foot strap on your left foot, step forward with your right leg and pull the pole up and back.





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Drill #3

Attach the foot strap to a fixed object or have the coach hold it.

Hold the pole above your head and step forward with one foot, keeping the other in place.



Drill #4

Attach the foot strap to a fixed object or have the coach hold it.

Sit on the edge of a pad and hold the pole above your head. Pull forward on the pole and roll back.





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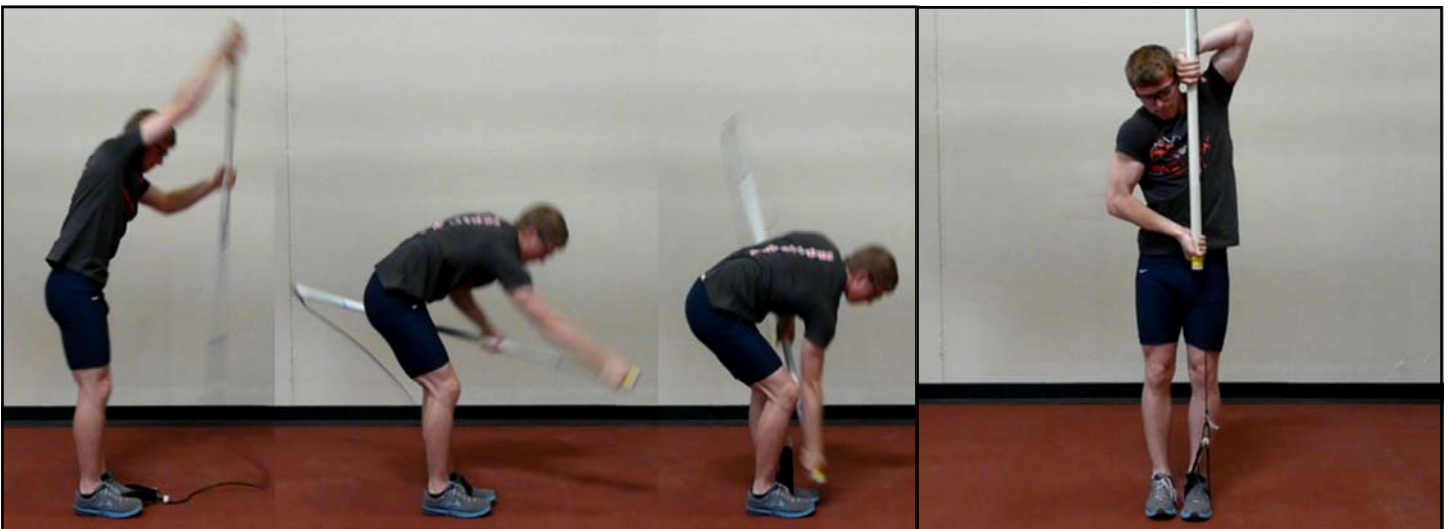
Drill #5

With the foot strap on your left foot, raise your right leg and pull the pole up and back.



Next, with a “rowing” motion bend over and point the tip straight up.

With your head down, fully extend and pull the pole up. Keep the tip pointed straight up.



THIS WARNING IS GIVEN IN COMPLIANCE WITH CALIFORNIA'S PROPOSITION 65:
WARNING
This product contains chemicals known to the State of California to cause cancer, birth defects or other reproductive harm.