



PRODUCT INFORMATION

THE BOULDER® HANDSPRING TRAINER COACHING GUIDE

READ THIS DOCUMENT AND ALL OTHER ACCOMPANYING PRODUCT DOCUMENTATION THOROUGHLY BEFORE INSTALLING, USING OR PERMITTING USE OF THIS EQUIPMENT. REQUIRE ALL PERSONS INTENDING TO USE THIS EQUIPMENT, AS WELL AS THOSE INSTRUCTING, ASSISTING OR COACHING OTHERS IN THE USE OF THIS PRODUCT, TO READ THIS DOCUMENT THOROUGHLY BEFORE AUTHORIZING THEM TO ENGAGE IN THOSE OR RELATED ACTIVITIES.

STUDENTS MUST MASTER THESE ESSENTIAL BASIC SKILLS BEFORE ATTEMPTING BACK HANDSPRINGS.

Forward & backward rolls • Cartwheels • Handstands, including handstand against the wall for 30 seconds, handstand with tummy touching wall and "Spiderman handstand" with hands placed 8" from the wall • Bridges • Roundoffs • Complete at least 5 bridge kickovers on a spotting block or panel mats stacked 14" high; hands must be placed on floor level with feet on spotting block or panel mat stack • Hold a bridge on floor for at least 20 seconds • Complete at least 30 "baby" handstand push ups on a parallel with spotter assistance • Complete 10 handstands on floor without collapsing arms.

FAILURE TO DO SO PUTS STUDENTS AT MUCH GREATER RISK OF DEATH OR CATASTROPHIC INJURY TO HEAD, SPINE, JOINTS, SHOULDERS, ARMS, WRISTS, HANDS AND/OR OTHER VITAL ORGANS.

WHERE TO USE THE BOULDER® HANDSPRING TRAINER

The Boulder® Handspring Trainer (U.S. Pat. No. 7,789,805) must always be placed on a proper tumbling area such as a spring floor or used in conjunction with landing mats and 8" practice mats. It should NEVER be used on grass, concrete floor covered with carpet, trampoline or any other unstable or inadequately padded surface.

HOW TO USE THE BOULDER®

1. Begin by showing student proper starting distance from The Boulder®, If student's foot measures 7" from heel to toe, student should stand 7" away from The Boulder®).
2. Teach student correct launching technique consisting of following stages:
 - Falling backwards several inches without bending or flexing (envision a board or pencil placed on end and released)
 - Smoothly dropping as if about to take a seat
 - Throwing arms back to stretched arch position.
 - Launching body upwards and backwards onto The Boulder®.
3. Spotter should initially restrain The Boulder® from moving forward while student is on top in order to focus on and evaluate proper position of legs and arms.
4. Continuing to restrain forward movement, coach teaches proper inverted handstand phase positioning.
5. Permit The Boulder® to rotate forward enabling student to complete handspring progression and land on feet
6. Repeat process until student consistently and properly performs inverted phase with straight arms and legs held tightly together. .
7. Spotter may then begin permitting The Boulder® to rotate increasingly faster as student's ability improves.
8. When coach and spotter are confident student is fully able to use The Boulder® without active continuous physical spotting, they should permit student to do so. Focus should progressively shift to verbal instructions to help student improve and tighten form.

**The Boulder is a registered trademark of Norbert's Athletic Products, Inc.*

WARNING!

A possibility of serious injury, including paralysis or death, is inherent in any activity involving motion or height. Equipment with which this notice is included is intended for use only by properly trained, qualified persons under supervised conditions. Use without proper supervision is dangerous and should not be undertaken or permitted. Know your limitations as well as the limitations of your equipment. Consult a qualified instructor before attempting any new activity or skill. This equipment must be used with proper mats, spotting equipment and qualified spotters for each activity or skill. Use this equipment only for its intended purpose. Do not modify equipment in any way. Inspect each component for damage, loose fittings or signs of wear before each use. Do not use if you have any concern as to the condition of this equipment. Test unit for stability prior to each use. Do not use if you have any concern about the stability, condition or suitability of this equipment. Inspect warning labels and replace when marred or damaged. Before each subsequent use, re-check equipment stability and settings.