

POWERSKATER[®]

BY

STRYDE[™] HOCKEY

STRIDE ENHANCING SYSTEM

USER MANUAL

MODEL:

POWERSKATER[®] BASIC
POWERSKATER[®] PLUS+

SKU:

PS100 | PS101

LAST UPDATED
03/20/24

A woman with blonde hair in a ponytail, wearing a dark long-sleeved shirt and leggings, is shown in profile from the waist down. She is standing on a mechanical device called the PowerSkater, which consists of two footplates on a track. She is in a forward-leaning, athletic stance, demonstrating the use of the device. The background is a plain, light color.

POWERSKATER®

BY

STRYDE™ HOCKEY

STRIDE ENHANCING SYSTEM

USER MANUAL

MODEL:

POWERSKATER® BASIC
POWERSKATER® PLUS+

SKU:

PS100 | PS101

Please read the entire owner's manual and instructions provided before assembling or using the PowerSkater®. The equipment must be properly set up, used and maintained for safe and efficient use. Good posture, balance, and technique are key to safe, comfortable workouts. STRYDE Hockey™ assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

TABLE OF CONTENTS

ABOUT STRYDE HOCKEY™	04
<hr/>	
WARNINGS + SAFETY PRECAUTIONS	05
<hr/>	
WARRANTY	06
<hr/>	
WHAT'S IN THE BOX	07
<hr/>	
ASSEMBLY INSTRUCTIONS	
unboxing	08
footrest Install	09
initial setup	10
connecting the track	11
cord install	12
final steps	13
<hr/>	
HOW TO USE	14-15
<hr/>	
PHILOSOPHY + MECHANICS	16
<hr/>	
CORDS	17
<hr/>	
TROUBLESHOOTING	18
<hr/>	
FAQ	19
<hr/>	
UPDATE YOUR GAME / CONTACT	20
<hr/>	

CAUTION: SAFETY IS THE MOST IMPORTANT. FAILURE TO FOLLOW ALL GUIDELINES MAY COMPROMISE THE EFFECTIVENESS OF THE EXERCISE EXPERIENCE, EXPOSE YOURSELF (AND POSSIBLY OTHERS) TO INJURY, AND REDUCE THE LONGEVITY OF THE EQUIPMENT. REGULARLY EXAMINE THE POWERSKATER® FOR DAMAGE AND WEAR. INOPERABLE COMPONENTS SHOULD BE REPLACED IMMEDIATELY, THE EQUIPMENT SHOULD NOT BE USED UNTIL IT IS REPAIRED. READ ALL PRECAUTIONS AND INSTRUCTIONS IN THIS MANUAL BEFORE USING THIS EQUIPMENT. IMPROPER USE OR MAINTENANCE CAN VOID THE WARRANTY. KEEP THIS MANUAL FOR FUTURE REFERENCE. THE INFORMATION IN THIS MANUAL MAY NOT REFLECT RECENT UPDATES AS WE CONTINUE TO IMPROVE OUR PRODUCT. PLEASE VISIT:

**POWERSKATER.COM/
PAGES/MANUAL**

FOR THE LATEST
VERSION OF THE
MANUAL.

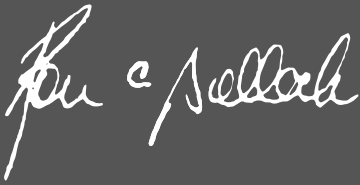


ABOUT STRYDE HOCKEY™

DEAR STRYDE HOCKEY™ ATHLETE!

Thank you for buying the PowerSkater™ by STRYDE Hockey™! This owner's manual contains valuable information about your new product, including 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 appreciated. Thank you again for buying the PowerSkater® by STRYDE Hockey™ and embracing the STRYDE Hockey™ Platform. We look forward to helping you UPDATE YOUR GAME!

Sincerely,



Ron Bulloch,
Inventor

WHAT IS STRYDE HOCKEY™?

STRYDE Hockey™ is a digital platform, supported with professional instruction, & physical products, such as the PowerSkater®. Through the combination of equipment and technology, entertaining and educational instructionals, the STRYDE Hockey™ platform, works to strengthen your mind, body, and spirit to make you the best version of a hockey player you can be.

WHAT IS THE POWERSKATER®?

The PowerSkater® by STRYDE Hockey™ is a revolutionary off-ice skating system that teaches proper skating bio-mechanics and strengthens the critical muscles used in skating. The PowerSkater® was designed to mimic the bio-mechanical movement of skating and condition the lower body muscle groups: quads, hamstrings, glutes, and the primary joints of the knee, ankles, and hips. The PowerSkater® uses specially designed resistance cords to recreate the body weight push. Movement is out and back behind the body, not side to side. Each push is loaded out and back, thus each push and return has a loaded concentric and eccentric movement. With nothing to hold on to, the user must learn to maintain a balanced posture while forcing their trunk to develop a true “power-stabilization center.”



“I truly believe in the Powerskater. When I train kids using the STRYDE System, it’s obvious once I get them on the ice, that they have far more mind-to-muscle connection than a skater who isn’t using this system.”

– KATY JO
functional skating expert

📍katyjopowerskating

WARNING + SAFETY PRECAUTIONS

PLEASE READ THE FOLLOWING SAFETY PRECAUTIONS CAREFULLY AND USE THE PRODUCT ONLY AS DESCRIBED IN THIS MANUAL.

1. CAUTION: Keep fingers, toes, and other body parts away from the track at all times during use. Serious injury may occur.
2. Do not attempt to use the PowerSkater® until it is properly assembled.
3. Stop exercising and consult a physician immediately if you experience any of the following symptoms: pain or tightness in your chest, extreme shortness of breath, an irregular heartbeat, or feeling lightheaded, nauseous, or dizzy.
4. It is the responsibility of the owner to ensure that all users of the PowerSkater® are adequately informed of all warnings and precautions.
5. Place the PowerSkater® on a level surface, with approximately 3 feet of clearance in all directions and sufficient room for safe operation. To protect the floor or carpet from damage, place a mat under the unit.
6. Keep small children away from the PowerSkater® at all times. This product is designed for ages 8 and up, however it is recommended children under the age of 18 use the PowerSkater® only under adult supervision.
7. Wear appropriate exercise clothing and athletic shoes when using the PowerSkater®. Shorts or sweats, a t-shirt, absorbent socks, and athletic shoes are recommended while you exercise on the PowerSkater®.
8. When moving the machine, always use proper lifting form and technique. The PowerSkater® can be stored easily by leaning up against a wall.
9. Each workout should include: stretching and a warm-up, a training period, a cool-down, and stretching your muscles after exercise.
10. Inspect and tighten all parts of the PowerSkater® before every use.
11. Keep all objects out of and away from the inside base frame.
12. Never replace the resistance cords with any other type of cord other than an authorized part from STRYDE Hockey™. Visit powerskater.com to order replacements or contact: admin@strydehockey.com or 612.361.7882
13. Keep all objects out of and away from the track. Replace bumpers annually by contacting: admin@strydehockey.com or 612.361.7882.
14. Use caution when first beginning to use your PowerSkater®. Step onto the trucks from behind the apex (inside the “v”) when they are in the stopped “v” position. Remember both trucks are always unlocked in the “v” position.
15. Be careful when returning the Trucks back to the mounting plate, as to not break the hook mechanism.
16. Please read the entire owner’s manual and instructions provided before assembling or using the PowerSkater®. The equipment must be properly set up, used and maintained for safe and efficient use. Good posture, balance, and technique are key to safe, comfortable workouts. STRYDE Hockey™ assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

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.

WARRANTY

That's Epic, LLC ("the Manufacturer") warrants to each buyer of its products ("the Buyer") for a period of one (1) year from the date of sales (Except for resistance bands which carry a 90 day warranty from date of sales receipt) 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 Manufacturer be liable for incidental or consequential damages in jurisdictions where such damages are allowed. If Manufacturer 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 FOREGOING 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 Manufacturer. Warranties or remedies that differ from the foregoing shall not otherwise be binding on the Manufacturer. The Buyer's acceptance of delivery of Goods constitutes acceptance of the foregoing warranties and remedies, and all conditions and limitations thereof.

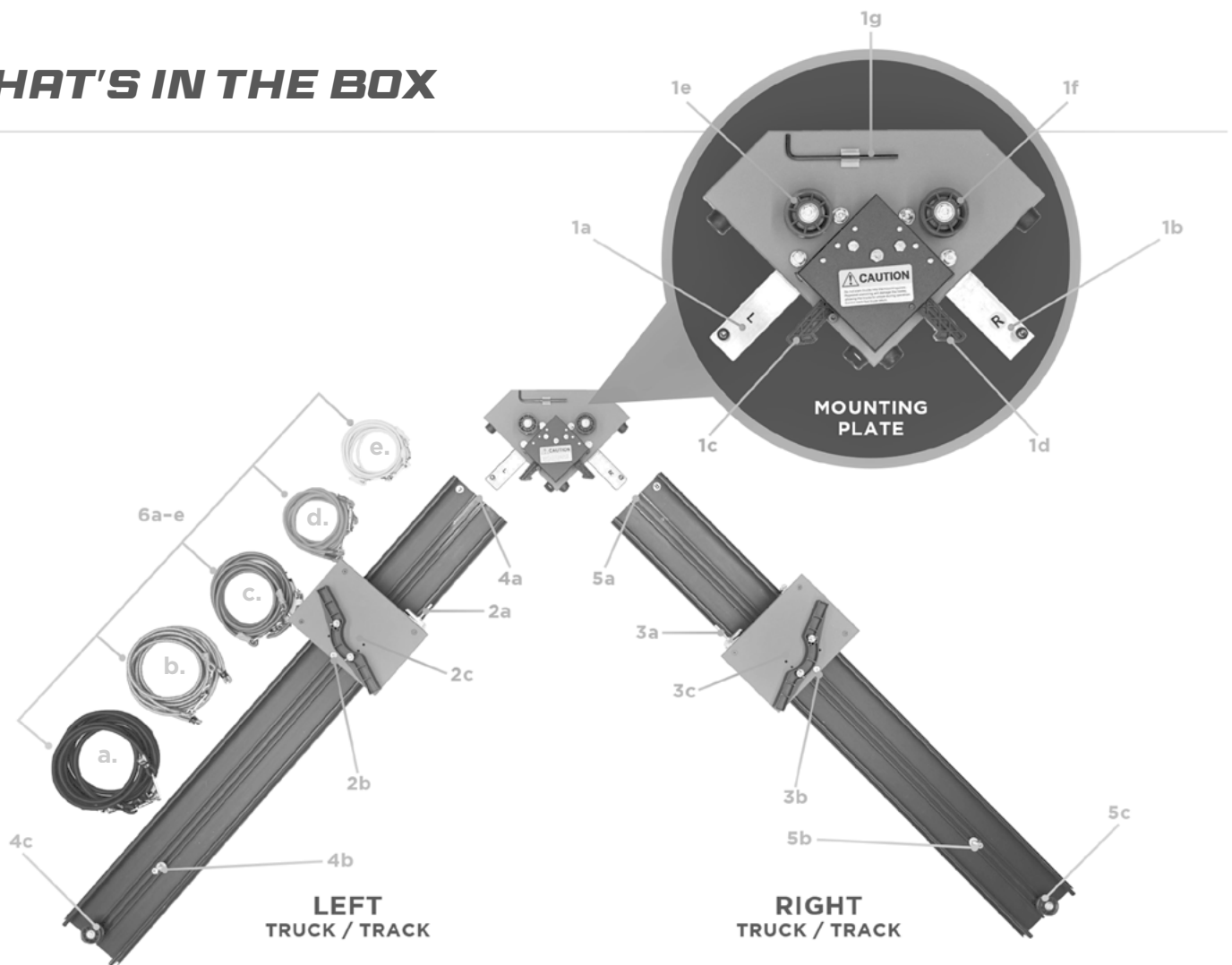
Contact member support if you believe you need warranty service:

That's Epic, LLC
4771 Bald Eagle Avenue
White Bear Lake, MN 55110

admin@strydehockey.com
612.361.7882

Claims must be made within the
specified warranty period.

WHAT'S IN THE BOX



1. MOUNTING PLATE COMPONENTS

- a. left track connector
- b. right track connector
- c. left hook
- d. right hook
- e. left pulley
- f. right pulley
- g. allen wrench

2. LEFT TRUCK COMPONENTS

- a. plunger
- b. truck cord bolt
- c. foot rest

3. RIGHT TRUCK COMPONENTS

- a. plunger
- b. truck cord bolt
- c. foot rest

4. LEFT TRACK COMPONENTS

- a. connection channel
- b. rear track cord bolt
- c. rear pulley

5. RIGHT TRACK COMPONENTS

- a. track connection channel
- b. rear track cord bolt
- c. rear pulley

6. RESISTANCE CORDS

- a. black (heavy) cord*
- b. green (intermediate) cord*
- c. blue (medium) cord*
- d. red (standard) cord
- e. yellow (light) cord

- 7. Included with the Purchase of PowerSkater® PLUS+

POWERSKATER[®]

ASSEMBLY INSTRUCTIONS

1. UNBOXING

Remove all components from packaging.

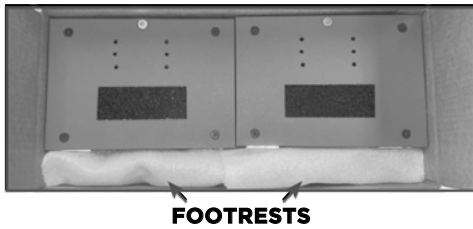
NOTES: the PowerSkater™ and accessories are shipped in one carton. Depending on the options you ordered, some cartons may be empty.

WATCH HELPFUL
ASSEMBLY VIDEO



FOOTREST INSTALL

1. REMOVE TRUCKS AND UNWRAP FOOTRESTS FROM BOX



2. ASSEMBLE FOOTREST BOLTS

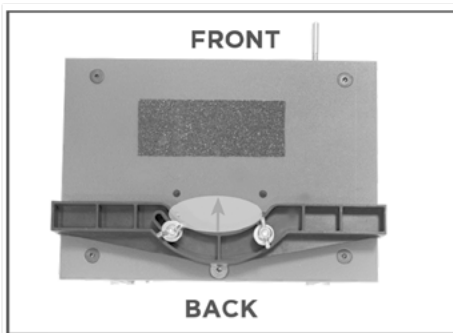
3. ATTACH FOOTRESTS TO TRUCK

Stand the Truck up and place the 1/4" bolts underneath the Truck top adjacent to each other. Slide Footrest onto bolts with oblong Footrest hole on same side of the plunger.

NOTE: Footrests are universal (not side specific). Footrests can be angled based on the hole selection.

4. SECURE FOOTREST

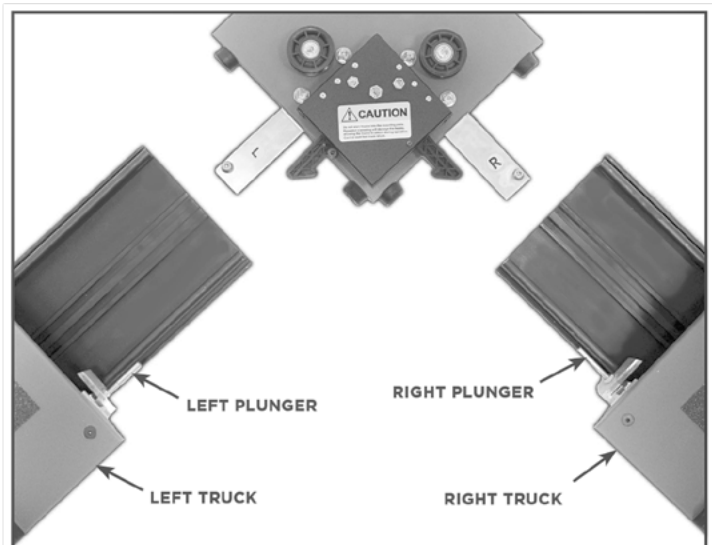
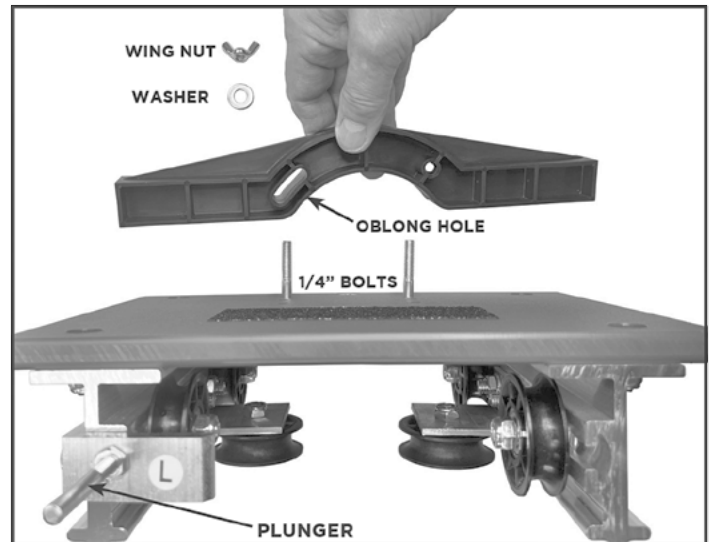
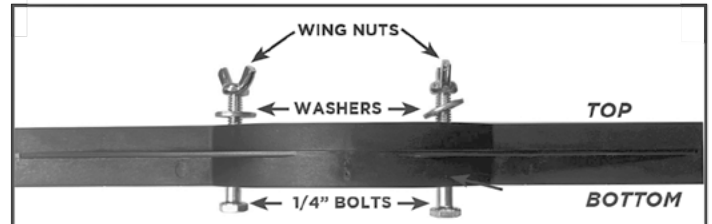
Secure the Footrest wingnut by placing a 7/16 inch wrench on the bolt underneath the truck and tightening the wingnut until hand tight. Footrest Toe Holder curve open to front.



5. TRUCK MOUNTING

Line up truck wheels on the front of the (opposite of the rear pulley) track and slide on. Ensure that the plunger is located on the inside of the track.

Repeat on both sides.

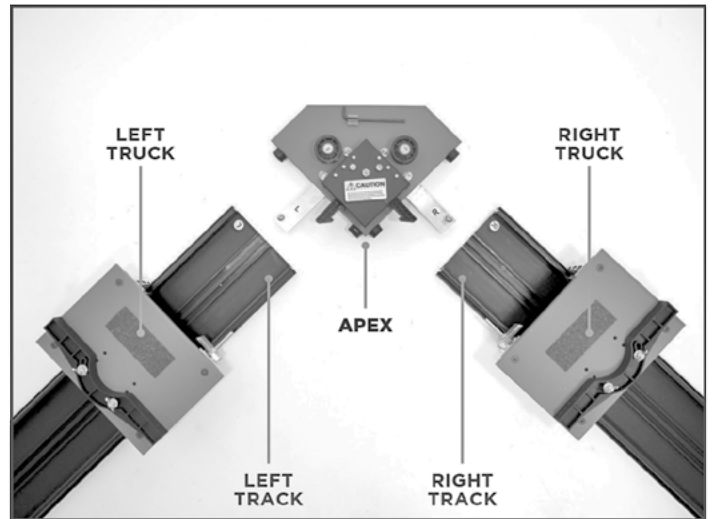


ASSEMBLY INSTRUCTIONS

1. INITIAL SET UP

Position the tracks at a 90 degree angle pattern, with the mounting plate as the APEX. The unit comes with left and right trucks for each track.

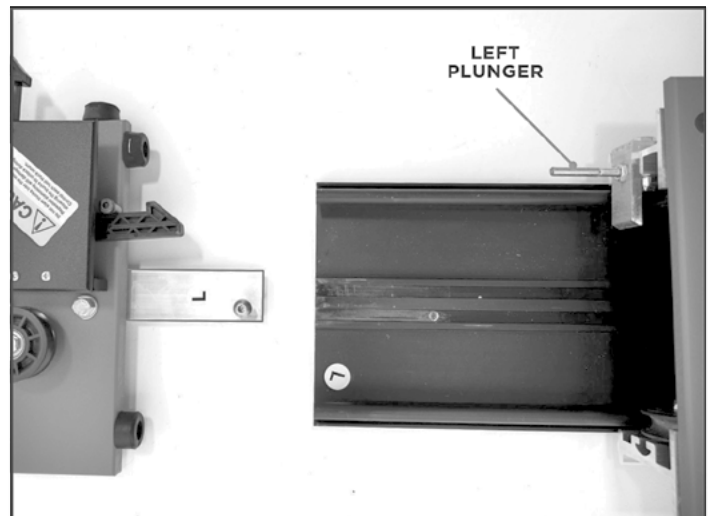
NOTE: when we use “left” or “right” we are standing inside the triangle looking at the apex.



2. TRACK MOUNTING

Ensure that the plunger is located on the inside of the track.

Repeat on both sides.

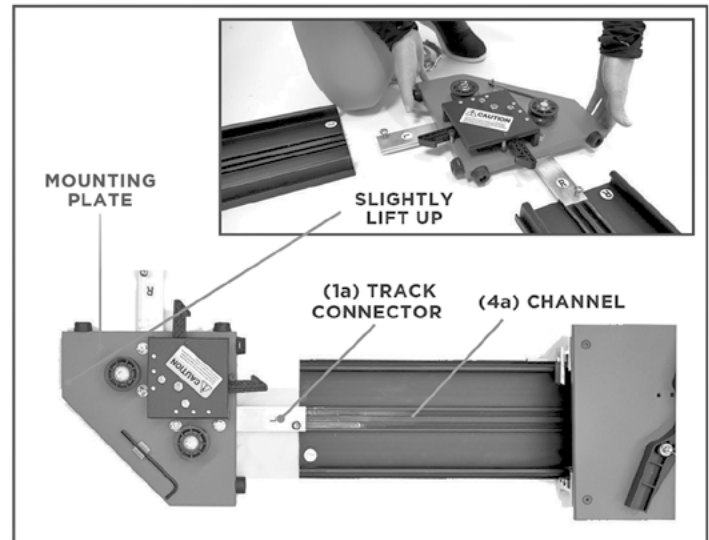


3. CONNECTING THE TRACK

Slide the left track connector (1a) onto the track connection channel (4a) all the way up to fully seat to the track.

TIP: to attach the first track, it helps to slightly lift up on the mounting plate so the track connector is tilted.

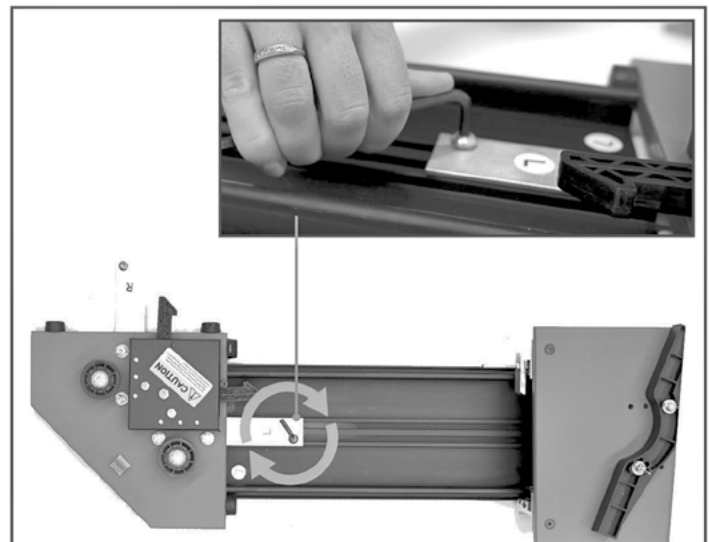
NOTES: when attaching opposite track, it is not necessary to lift mounting plate. Loosen the bolt so that it does not interfere as the connector slides onto the track.



4. TIGHTENING THE BOLTS

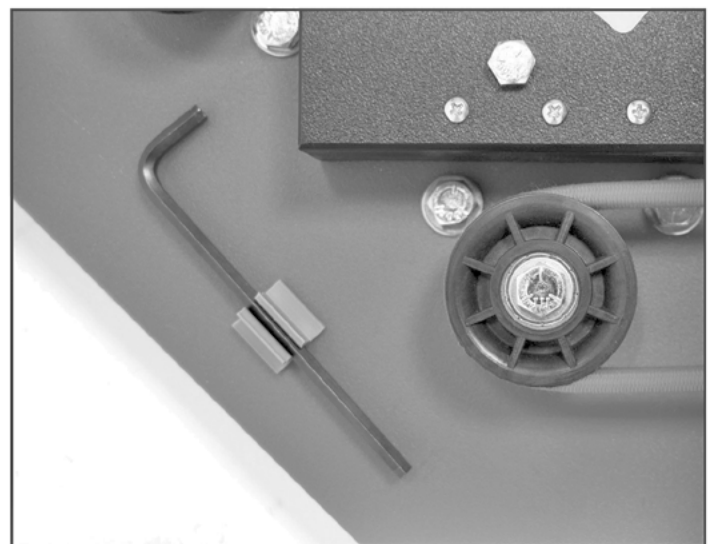
Now tighten the bolt with provided allen wrench until snug. Do not over-tighten!

Repeat steps 4 & 5 for the right side.



5. STORE ALLEN WRENCH

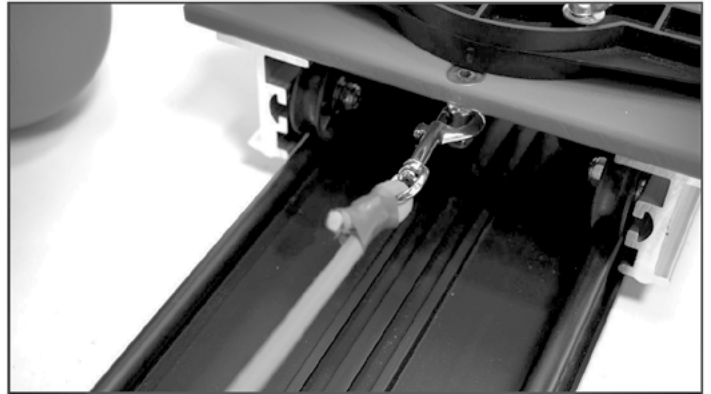
Ensure you do not lose your install tool by returning it to the holder on mounting plate.



6. CLIP CORD TO TRUCK

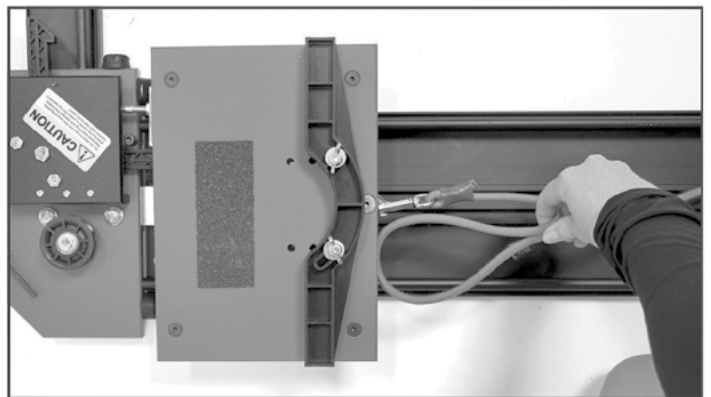
To attach a cord, pull one of the trucks backwards about 12" (1 foot). Release the hook.

Use the snap at the end of the cord and attach the snap to the cord bolt on the bottom of the truck top.



7. LOOP CORD

Make a loop as shown at the end of the cord.



8. ATTACH CORD TO PULLEY

Feed the loop under the truck, loop cord around the pulley keeping your fingers away from the pulley to prevent pinching your hands.



9. CLIP TO REAR CORD BOLT

Clip snap end to rear cord bolt located near the pulley at the far end of the track.



10. BACK PULLEY SETUP

Step your foot on the track to stabilize before pulling around back pulley.

Grab cord about 12" from the end. Stretch cord, making another loop to attach around the pulley. Keeps hands & fingers away from the pulley.



11. REPEAT STEPS

Repeat steps 7-11 on the other side.



FINAL INSTALL TIPS

REMINDER: After complete install of the band, ensure that it runs along the *outside* of the track.

Ensure the hook mechanisms are locking properly.

Now your PowerSkater® is ready for use!



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.

HOW TO USE STACKED STANCE

STACKED STANCE

The stacked stance is the alignment of your body over your feet.

Head — Shoulders — Hips — Heels

The importance of a stacked position is to optimize balance in your stance. This creates more equal weight distribution across your skate, the more blade you have on the ice, the more balance you have.

1. Knees bent at 90 degrees 2-3 inches over toes
2. Head is up and facing forward
3. Hips are sitting back over heels
4. Back is straight with a slight lean forward
5. Chest is up
6. Arms relaxed
7. Bend at the elbow at 80 degrees

ARMS

Arms should be relaxed but not wiggly. Move your arms in time with your feet and leg pushes. Same side arm and leg on extension.



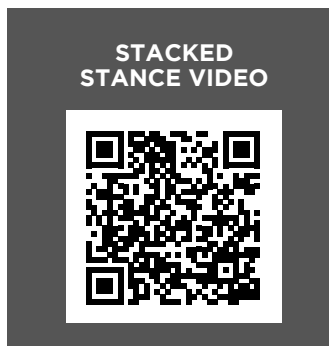
KEEP CENTER OF GRAVITY OVER THE APEX

Always keep your shoulders and head level even throughout your stride



FORWARD STRIDE PUSH

Arms drive low and forward
Same arm, same leg on extension, i.e. when you push off, left arm forward, left leg back vice versa.



HOW TO USE *STARTING STRIDES*

STEP ON

Step on from the inside of the triangle of the PowerSkater®

Place both feet on the trucks with your feet flat on top of each truck and your foot against the foot rest

You will notice your feet are in a “V” position.

Each forward stride will start with your feet close together in this “V” position at the apex of the machine.



SIT INTO YOUR STACKED STANCE

You'll feel the five muscles that we are using on our stride. These are your core (trunk muscles), quads, glutes, hamstrings, and calves. Strengthening these groups is how you're going to maximize power on the push.

At this starting position, both trucks are free to move. As soon as you stride out with one side, it will lock the stationary (glide) leg.

Push either your right or left foot outward.

Once you push out it will lock the opposite foot. When making a stride, you want your pushing leg knee to be straight.

This will result in the maximization of stride length.

Important as you extend your leg to control the return, and not “slam” the trucks back to the mounting plate. Slow and controlled, controlled is fast.



GETTING TO
KNOW YOUR
MACHINE VIDEO



PHILOSOPHY + MECHANICS

Power skating focuses on stride depth + stride length, which is the same for the PowerSkater®. On-ice, however, using edges, players need human motion to power the leg from an explosive start through a full long stride — but harnessing the muscles to APPLY power — this is trained by pushing against a load. To build strength one needs progressive overload and in this case progressive resistance cords — as players get stronger you can use heavier resistance bands. However, form, and technique is the most important. Slow and controlled, controlled is fast.

MECHANICS OF POWERSKATER®

1. The PowerSkater® is two tracks connected at a 90 degree angle. The user stands at the apex of the machine.
2. Each push travels back behind the body ending up at 45 degrees behind the glide leg just as in skating.
3. However the pushing leg traveled and the glide leg remained static.
4. The PowerSkater® tricks the body into thinking it is moving forward but the body stays stationary.
5. The body makes the same leg extension or bio-mechanical movement as skating on the ice.
6. Some people get confused when they see a 90 degree profile that travels 45 degrees behind the body.
7. They think that the push is 45 degrees when in fact it is the travel of the leg and the angle of the hip opening determines the degree of push.
8. When standing on the PowerSkater® you can set your push or hip opening at 30–45 degrees. Just as in skating, your leg extension will be 45 degrees behind your body.
9. The PowerSkater® uses specially designed resistance bands to recreate the body weight push. It is the ONLY closed chain system that provides controlled horizontal resistance while the user maintains a power skating stance. With nothing to hold on to, the user must learn to maintain a balanced posture while forcing their trunk to develop a true “power-stabilization center.”

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.

CORDS

Variable resistance comes through the concentric loading of the elastic cord - the greater the stretch, the greater the resistance. The elastic properties of the cord are transferred directly into the muscles that are opposing it. PowerSkater® Cords produce force as they are stretched providing the muscles with progressive resistance, thus increasing your strength, and muscular endurance.



LIGHT RESISTANCE CORD | YELLOW

Yellow Cords come with every PowerSkater®. Used by ages 8+ and provides basic resistance for teaching technique and strength training.



STANDARD RESISTANCE CORD | RED

Red Cords come with every PowerSkater®. Used by ages 8+ and provides basic resistance for teaching technique and strength training.



MEDIUM RESISTANCE CORD | BLUE

The Medium Cord is for skilled players from ages 13+



INTERMEDIATE RESISTANCE CORD | GREEN

The Green Cord is more advanced for higher skilled player U16+, Junior, College, and well conditioned adult player levels. Emphasis on strength and conditioning as well as training technique.



HEAVY DUTY RESISTANCE CORD | BLACK

This cord is for the Highly Skilled player at the Junior A, College and Professional ranks.

(Warning: DO NOT use this cord unless you are in top physical condition at the Advanced Skill Level)

Follow STRYDE Hockey™ program for advice on when to change resistance cords based on athletes progression. One of the most important aspects of using the PowerSkater® is maintaining form throughout the workout. If at any point you feel you are not maintaining the PowerSkater® Stacked Stance or keeping up with the Tempo, consider switching to a lower resistance cord (band).

CORD CLASSIFICATION

This varies with different athletes based on their progression.

YELLOW (light) } ——— Youth / Stability / Rehab
RED (standard) }

RED (standard) } ——— Intermediate / Endurance
BLUE (medium) }

GREEN (intermediate) } ——— Pro / Power
BLACK (heavy) }

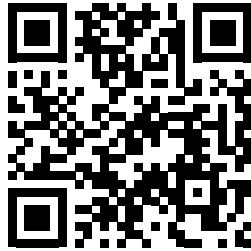


TROUBLE	PROBABLE CAUSE	REMEDY
HOOK MECHANISM LOCKING UP	Lack of instability, upper and lower body is twisting and turning due to a lack muscle strength	Keeping the athlete's center of gravity of the apex of the machine and a full return underneath you WATCH VIDEO — hook mechanism and proper PowerSkater® Stance
	Timing of the Truck Return- starting to push before the other truck is returned to the apex	WATCH VIDEO — hook mechanism
	Not enough tension on the Resistance Cord, band is not able to assist truck back to apex	WATCH VIDEO — cord install
	Fatigue can cause not fully return your foot back to apex	Less reps per session Band down to a lower strength cord WATCH VIDEO — Beginner Series
	Mechanical issue	Check if a spring broke Clean off any dirt or debris from the hooks If broken part contact STRYDE Hockey™
	Plunger Bolt is Bent and Interfering with the alignment of the hooks	Check to see if the Plunger is bent, if so, contact STRYDE Hockey™ for a replacement
ATTACHING MOUNTING PLATE TO TRACK	Angle of the alignment when attaching	Slightly tilt the Mounting Plate up then align the grooves with each other WATCH VIDEO — assembly
	Make sure Track Connector Bolt is not threaded down too far as to interfere with the track	Use allen wrench to back out the Track Connector Bolt WATCH VIDEO — assembly
BOTH TRUCKS ARE LOCKED AFTER ASSEMBLY	Left Truck is on the Right Track, and Right Truck is on the Left Track	Make sure Right Truck on the Right Track, Left Truck is on the Left Track. Plungers will be on the inside of the triangle (towards the apex) WATCH VIDEO — assembly
UNABLE TO PUSH TRUCKS OUT	Cord is too strong for the athlete	Band down to a lower strength cord WATCH VIDEO — get to know your machine
ADJUSTING FOOT RESTS	Difficulty changing the angle of the Foot Rests	WATCH VIDEO — foot rest
BROKEN HOOKS	Slamming the trucks into the Mounting Plate	Make sure to control return to the Apex Contact STRYDE Hockey™ for replacement
MACHINE MOVES DURING USE	When on a slick floor or carpet, the machine may slide over repeated use	Utilize the PowerSkater® Mat or rubber gym flooring

- 1. WHAT AGE IS THE POWERSKATER® DESIGNED FOR?** Ages 8-to-pro.
We recommend that children from ages 8-18 use the PowerSkater® under adult supervision.
- 2. IS THE POWERSKATER® ANGLE ADJUSTABLE?** No
- 3. HOW BIG IS THE POWERSKATER®?** 8' triangle base, 5.5' sides, top of the triangle is 4.5'
- 4. HOW HEAVY IS THE POWERSKATER®?** 40 Lbs
- 5. HOW EASY IS IT TO ASSEMBLE?** Easy. All you need is to secure two bolts with supplied allen wrench, then attach footrests and cords.
- 6. WHAT RESISTANCE CORDS SHOULD I BUY?** The unit comes with yellow (light) and red (standard) recommended for ages 8-13, or for rehabilitation. The blue (medium) cord is for 13+. The green (intermediate) cord is for the advanced skaters: U16+, junior, college, and pros. The black (heavy) cord is for highly advanced and physically fit players at the junior, college, and pro ranks.
- 7. WHICH CORD/SETTINGS DO I START ON?** Depends on the age, skill level, and purpose for using the PowerSkater®, follow the STRYDE Hockey™ guidelines. If you are learning technique/posture and you are at a young age, then begin with the light cord at the low setting. As you improve your technique and strengthen your muscles, increase the tension. If you want strength and conditioning then start out with the standard cord (ages 8-13) at a comfortable setting that you can sustain a 10-minute workout. The same is true for the medium cord (ages 13-adult). The heavy cord should only be used for well-conditioned players at the junior, college and pro level. Ask your trainer or conditioning coach for a program to your specific needs. For those interested in rehabilitation, consult your therapist or doctor for your specific program.
- 8. WILL A POWERSKATER® REPLACE POWER SKATING CLINICS?** The PowerSkater® should be viewed as a supplement to a professional skating instructor. It helps strengthen the important muscles used in skating. This can be challenging to do on the ice. The goal would be when the athlete gets on the ice with an instructor, they're much further developed to work on more advanced aspects of skating.
- 9. HOW OFTEN SHOULD I WORKOUT?** Recommended 2-3 times a week following the STRYDE Hockey™ platform.
- 10. HOW SOON WILL I SEE RESULTS?** By following the STRYDE Hockey™ program, based on age and skill level, athletes should see an increase in muscle strength in weeks. This all depends on the athlete's strength, following correct posture & technique, number of workouts, and time on the machine.
- 11. MY CHILD IS IN THE AWKWARD GROWTH STAGE AND SEEMS TO HAVE LOST SOME OF THEIR SKILLS. CAN THIS HELP?** Absolutely. The PowerSkater® forces a certain amount of coordination and reinforces the correct technique. The muscles as they grow will strengthen and help "memorize" your movements.
- 12. HOW DOES THE POWERSKATER® COMPARE TO A LATERAL SLIDE BOARD?** Slide boards and PowerSkater® form an ideal training pair. Slide Boards enhance lateral hockey training, offering improved balance, strengthened leg muscles, cardiovascular conditioning, joint flexibility, and reduced injury risk. The PowerSkater® elevates these benefits with variable loaded resistance cords, mimicking the 45-degree skating push and providing customizable tension levels for enhanced strength-building and muscle memory. Together, they offer a comprehensive and efficient approach to hockey training.
- 13. HOW DO I BUY A POWERSKATER® IN CANADA?** We ship throughout Canada from our distribution center in the Toronto area. To order, visit our Canada website at: powerskater.ca
- 14. IS THE POWERSKATER® DESIGNED ONLY FOR FORWARDS?** No, it's a myth that goalies don't need to be excellent skaters — they demand great balance and explosive lateral power. We have several goalies using the PowerSkater® even at the NHL level.
- 15. I AM A FIGURE SKATER. YOUR WEB SITE IS GEARED TO HOCKEY PLAYERS. WILL THE POWERSKATER® HELP ME IN MY SPORT?** Yes. There are some minor differences but the muscle groups used for skating and stride power, endurance, balance, stride length are all important to figure skating. Have your instructor visit our site and they will be able to help you transition the language to figure skating for technique, conditioning, and skills. Figure skaters own PowerSkaters®.
- 16. DO YOU HAVE ANY PROS USING THE POWERSKATER®?** Yes. We currently have units with several teams and pro players who use it personally on and off season.
- 17. WHY WOULD AN NHL TEAM BUY A POWERSKATER®, THEY'RE ALREADY PROFICIENT SKATERS?** 3 primary reasons: technique, strength & conditioning, and rehabilitation. Athletic trainers, physical therapists, and strength & conditioning coaches all have their specific reasons for wanting a PowerSkater®. NHL teams hire power skating instructors to help individuals improve their skills.
- 18. DOES THE POWERSKATER® HELP BACKWARD SKATING?** Backward skating demands a technique akin to forward skating, emphasizing crucial elements such as maintaining a proper knee bend, bending at the hips instead of the back, executing 45-degree pushes, and ensuring a correct arm swing. Strengthening and conditioning your muscles through forward skating can notably enhance your performance in backward skating. Moreover, the lateral **crossunder attachment** serves to teach the essential pushes and pulls integral to backward skating technique.
- 19. I AM AN IN-LINE SKATER. WILL THE POWERSKATER® HELP ME?** Absolutely. We firmly believe that proficient in-line skating technique directly translates to proficient ice skating technique. Given the identical nature of techniques between in-line and ice skating, the PowerSkater® serves as an invaluable tool to educate, train, and condition athletes to excel in both realms of skating.
- 20. WHAT PARTS COULD BREAK?** You can break the hooks — about 5% of our customers have broken their hooks (front mounting plate). This is due to the user allowing the foot truck to slam into the front of the machine as opposed to controlling the return. When you push off with your striding leg, you are pushing your foot on a Truck, down a Track under the resistance of an elastic cord. The Truck becomes "loaded" and wants to return to the front at a high velocity. You need to return the truck at the same rate as the push off with a low impact stop. This action is important from a training perspective and prevents damage. The push off and return is an eccentric and concentric muscle contraction. These two kinetic movements provide flexibility and elasticity in your muscles for power and speed. Taking the weight off the foot truck by not controlling the return greatly diminishes the eccentric movement.
- 21. CAN I TRAIN FOR A "TOE FLICK" ON THE POWERSKATER?** Yes and no. While not the primary focus, it can be achieved with confidence and proficiency on the PowerSkater. Experts prioritize essential skating techniques such as proper knee bend, full-length strides, maintaining a low profile, ensuring full recoveries, generating pushing power, and executing effective arm swings. Prioritizing these techniques, like sustaining a low profile with deep knee bends for power and full strides, takes precedence over the toe flick.
- 22. WHAT IS THE CROSSUNDER ATTACHMENT?** It's an extra part for the PowerSkater® that fits into the track's sides. It trains the essential push-and-pull movement for both forward and backward skating, including drills for crossovers and targeting hip abductors and adductors.

NOW THAT YOUR INSTALL
IS COMPLETE IT'S TIME TO

UPDATE YOUR GAME



**BEGIN THE INTRO
SERIES HERE**



MODEL:

POWERSKATER® BASIC
POWERSKATER® PLUS+

SKU:

PS100 | PS101

4771 Bald Eagle Avenue
White Bear Lake, Minnesota 55110

PowerSkater® powered by STRYDE Hockey™ 2024.
All rights reserved.

612.361.7882

powerskater.com