

### GENERAL DESCRIPTION

The Real Jumper™ is a high intensity interval trainer that allows full spectrum training of an athlete's Stretch Shortening Cycle while reducing the impact of traditional ballistic jump plyometrics.

The Real Jumper™ is a ground-based, performance trainer that uses isokinetic resistance through a single center mounted piston on an adjustable yoke.

### APPLICATIONS

- Proven results with short intervals (20-60 repetitions=20-60 seconds)
- Performance training
  - Solid athletic base
  - Stamina improvement
  - Conditioning
  - Power
  - Assured muscular hypertrophy – trapezius, deltoids, pectorals, biceps, abdominals, obliques, forearms, quadriceps, gastrocnemius muscles, latissimus dorsi, triceps brachii, gluteal muscles, hamstrings, quads, calves, shin and foot
- Biomechanics
- Rehabilitation
- Physical Therapy

### ACCESSORIES

- Rubber feet
  - Requires ¾" wrench
- Wheel kit for easy movability
- 2 platforms for variation of exercise
- Workout regimen
  - Squat 1
    - Standard – Static Base
    - Standard – Explosive Jump
  - Squat 2
    - Pistol – Static Base
    - Pistol – Explosive Jump
  - Squat 3
    - Split – Static Base
    - Split – Explosive Jump

### MAINTENANCE

- Surface cleaning
- Check pads and handle grips for wear and replace as needed
- Lubrication
  - Silicone lubricant on the tubing of the adjustment slides
  - Grease on bearings and zerk fittings as needed
- Silicone spray around urethane bushings where bolt goes through metal insert

### FEATURES

- A high intensity interval trainer that allows athletes to create more complex exercise circuits by alternating platform transitions.
- Accommodates numerous dynamic compound structural exercises through multiple squat variations including standard, pistol and split
- Used by professional, Olympic and collegiate sports of all disciplines (football, baseball, basketball, hockey, MMA fighters, track and field, etc.)
- Purchased and trained on by individual elite athletes
- Purchased and trained on by actors to prepare for stunts, conditioning, strength and physique

### ADJUSTMENTS

- 3 position adjustable yoke

### SPECS

- Dimensions
  - Assembled - 32"(W) X 72"(L) X 45"(H)
  - Shipped (pallet) - 35"(W) X 84"(L) X 51"(H)
- Weight - 335lbs
- Steel frame square tubing 2.50" x 2.50"
- (2) Rubber vinyl deck
- Robust bearings (>10 year lifespan)
- MIG .035 wire welded
- Powder coated finish (baked on at 400 degrees)
  - Matte Black
  - High Gloss Black
  - High Gloss White
  - High Gloss Red
  - High Gloss Blue
  - High Gloss Green
  - High Gloss Yellow
- Lubricated

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