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800-637-3090

TA190 - POLE VAULT TRAINER INSTRUCTIONS

The Pole Vault Trainer, when used in accordance with the following directions and recommendations, is an effective way to teach your pole vaulters the proper positions in the extension-turn phase of the vault. At the same time, it builds the specific strength needed to perform these movements. As with all athletic training devices proper safety gear and spotting should be used at all times.

Set-up instructions

Find a secure structure approximately 10' high, such as a football goal post or the supports for a basketball backboard to hang the trainer from. Be sure the selected structure can support and tolerate the weight and strain caused during the use of the vault trainer. Loop the rubber coated chain around the structure and clasp with the carabiner to suspend the pulley. Gill athletics recommends that vaulters have at least a 2" mat beneath them, and a coach to spot and help with the motions.



From a comfortable position, wrap and secure the ankle straps around each ankle. Make sure the metal ring that attaches the ankle strap to the cable is facing downward, towards your shoe. (As opposed to facing your leg). While beginning vaulters should use both straps, more advanced vaulters may only want to attach their take off leg.



Feed the strap through both buckles.

Next, fold the strap back over the first buckle and through the second buckle.

Finally, pull the strap tight and secure the hook and loop.

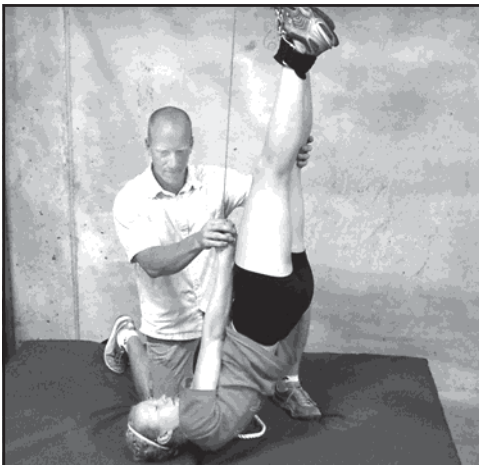


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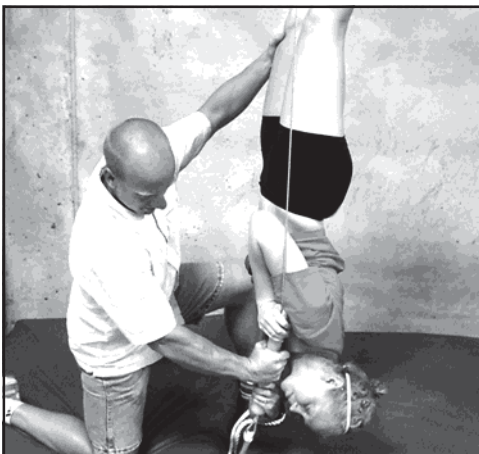
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With the ankles securely strapped, and the help of a coach, the vaulter grabs the rope and climbs hand over hand towards the pole section, as the feet slowly travel to a position above the hands. The top hand should grasp onto the rounded top of the pole section, and the bottom hand should be approximately 6" below it. This puts the vaulter in rock back position, ready to extend up.



From the rock back position, the vaulter extends upwards, keeping the hands as close to the body as possible, into an inverted position.

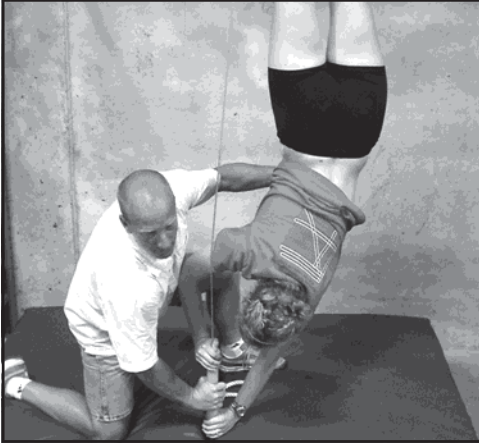


Next, the vaulter pulls down with both hands from the knees to the hips to the chin, and beyond.

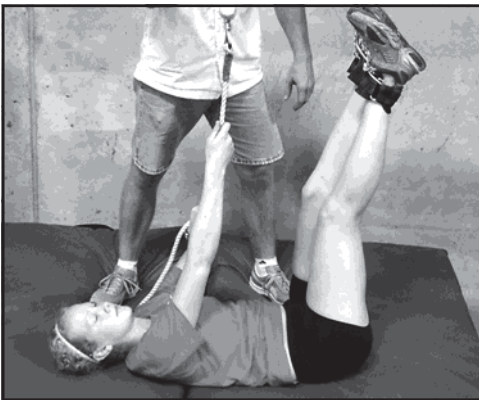


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To complete the exercise to vertical, some vaulters may need help to push to full extension. The coach can pull directly on the cable, push the vaulter's hips towards their hands, and/or hold the pole and pull down (as shown in the picture).



After the vaulter has accomplished the desired position, slowly return to the beginning position to start the next repetition. Repetitions from 1-3 are recommended. To dismount the trainer, simply return to a sitting position, and take off the ankle straps. Also, when using the vault trainer consider your goal for the exercise. If it is to learn correct form, the use of a coach can aid with more repetitions by pushing harder on the cable/pole section. If the goal is strength, then less or no force can be applied by the coach.

 **WARNING:** Cancer and Reproductive Harm –
For more information go to www.p65warnings.ca.gov