



JumpQ™

games for life!™



The JumpQ is the latest exciting addition to Strive's growing interactive line. It's a plyo-metric or jumping game, providing an invigorating lower body strength and cardio workout. A great way to enhance speed, agility, vertical jumping ability and quickness.

After choosing a time interval for the game, one of the pads will randomly light and beep to begin play. Starting from the center platform, the player jumps to the indicated pad and back to the center, causing another light to randomly trigger. Points accumulate on the scoreboard throughout the chosen time limit, with higher scores awarded for faster reaction time. The game moves as quickly or as slowly as the player, making it perfect for children and adults.

The JumpQ enhances the bodies ability to train the fast twitch muscle fibers. This is a distinct advantage for athletes. This type of training will help them to respond more quickly to demands on the playing field.

The ultimate reaction trainer, and the most fun workout you can find for any age!





57" (144.8 cm) long, 71" (180.3 cm) wide,
45" (114.3 cm) high, 815 lb (369.7 kg)



instructions/training for adults & youth

basic instructions

- Activate power with toggle switch located on side of score box.
- Set to desired time by depressing the black button located on the scoreboard.
- The object is to jump on each pad as it lights up in random order as fast as possible, for a score.
- Points are scored based on reaction time. *Scoring system is the time elapsed between initial lighting and jumping on pad.*
1 second - 5 points, 2 seconds - 4 points, 3 seconds - 3 points, 4 seconds - 2 points, 5 seconds - 1 point
After 5 seconds elapse, no points are scored and another sensor randomly lights
- The goal is to get the highest score in the predetermined amount of time. Let the competitions begin!

basic programming

User jumps on each step with both feet when it lights up, then back to starting platform, and another step will randomly light up, for a pre-selected time frame. During this program the user is trying to obtain the highest score possible. Competing to improve their score or against other users.

advanced programming

One Foot: The same rules and techniques apply, but this training is recommended only for the advanced and experienced user. The user is only allowed to use one foot during the pre-determined amount of time.

Side Jumps: The user is to line up with their left side of body facing each step and when the sensor goes off, they jump up laterally onto that step. The first round will have the user face one direction and the second round the user will face the opposite direction. After jumping on the step the user will then jump back to the platform and react to the next sensor the same way. An advanced variation is to perform all jumps with one foot.

Weighted Vest/Medicine Ball: The user will compete on the JumpQ in the basic training mode but will be challenged to work harder wearing a weighted. Another variation is too have the user hold a medicine ball either at chest level or overhead and complete the pre-determined time frame.

benefits

*Leg power, explosiveness, agility, balance, coordination, elevated heart rate for fat burning and cardio effect.
It makes exercise into an exciting competition.*