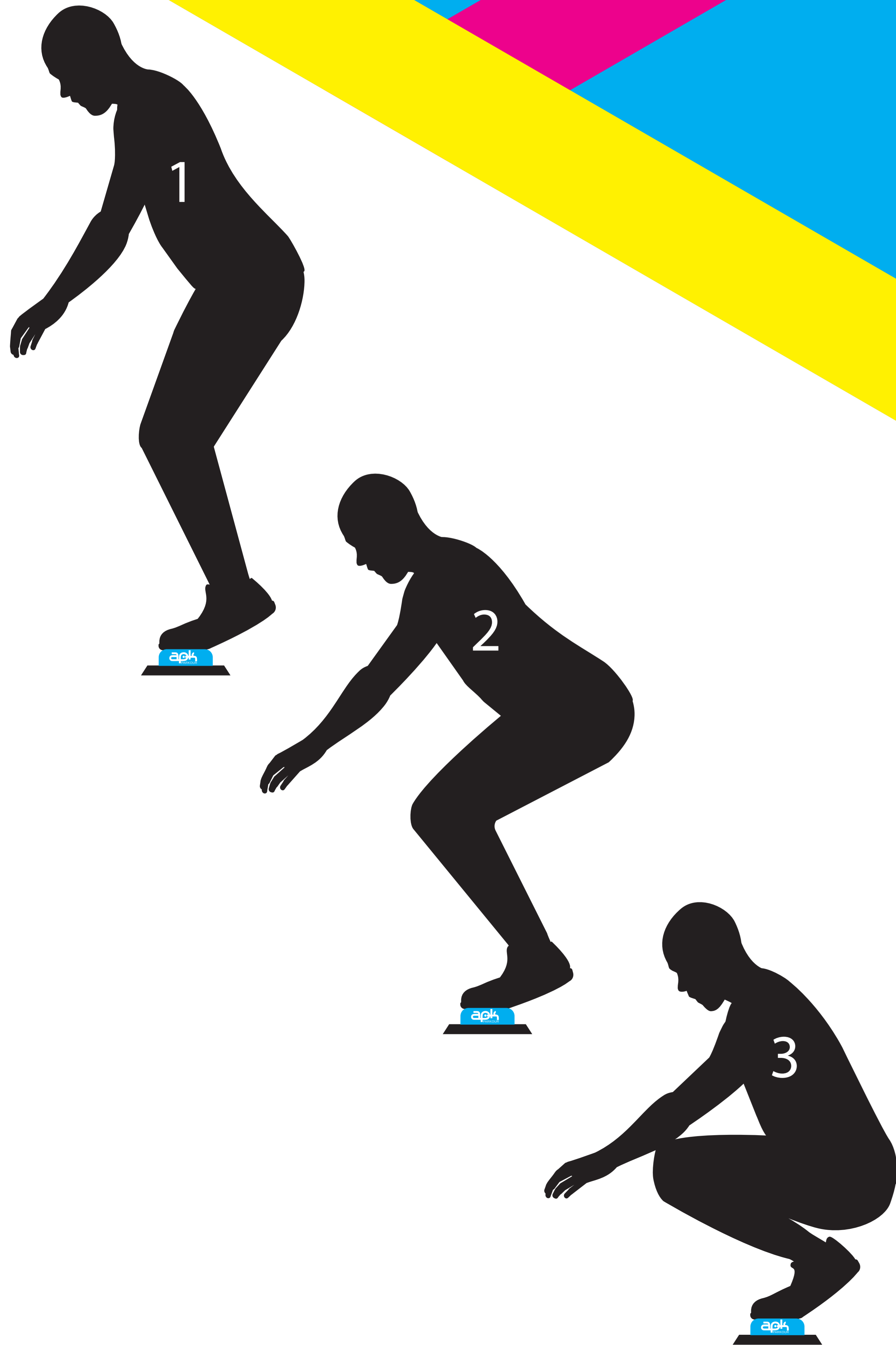


Landing Positions

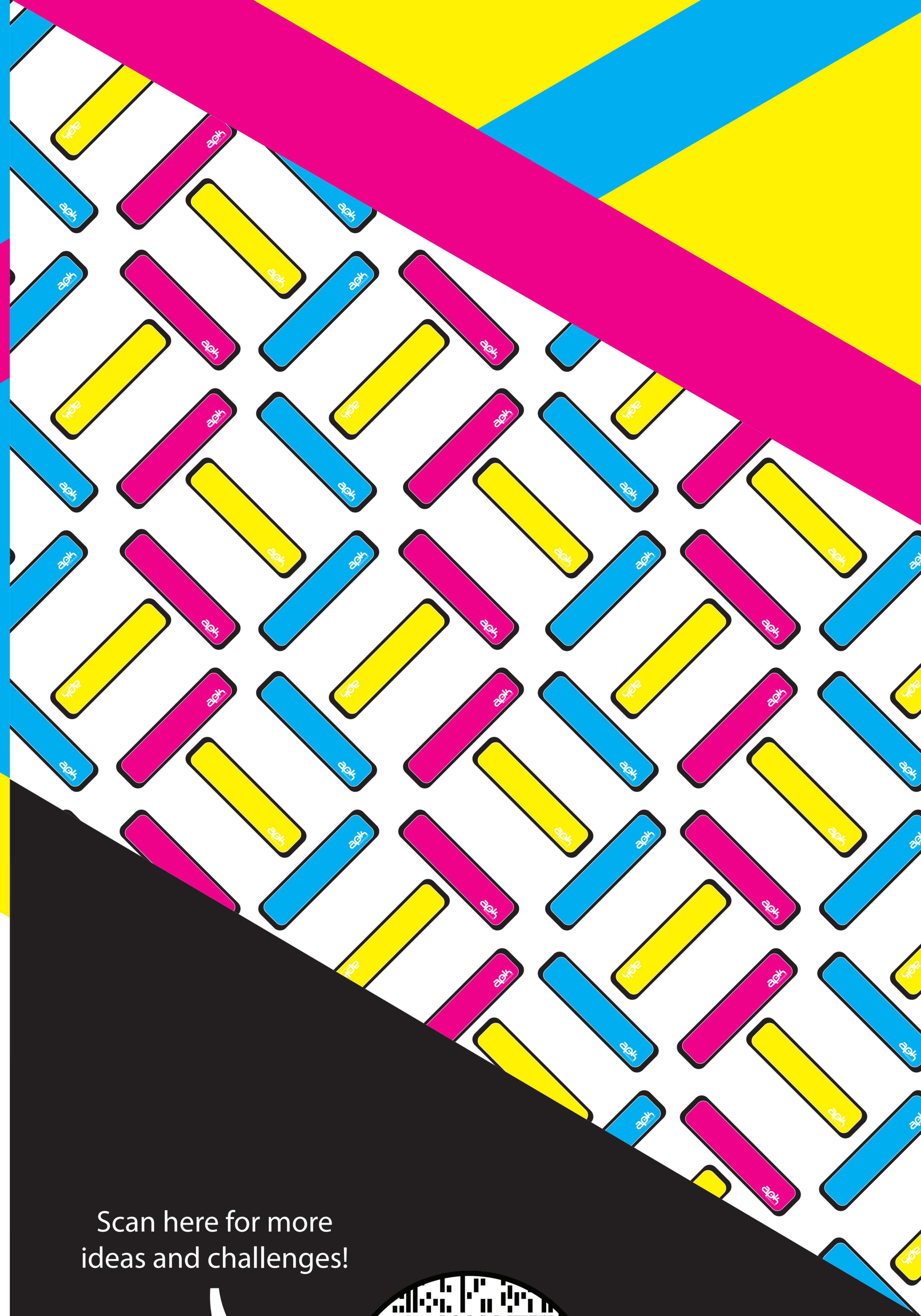
Before you do any jumps make sure you can comfortably hold all of each of these positions for 10 seconds.

1. Top Position: Stand on the Precision Stick with just a slight knee bend and a slight forward lean in your upper body.
2. Middle Position: Slowly squat down until your knees are at about 90 degrees and your shoulders are in line with your knees vertically.
3. Bottom Position: Slowly descend in your squat until you have reached a full crouch.

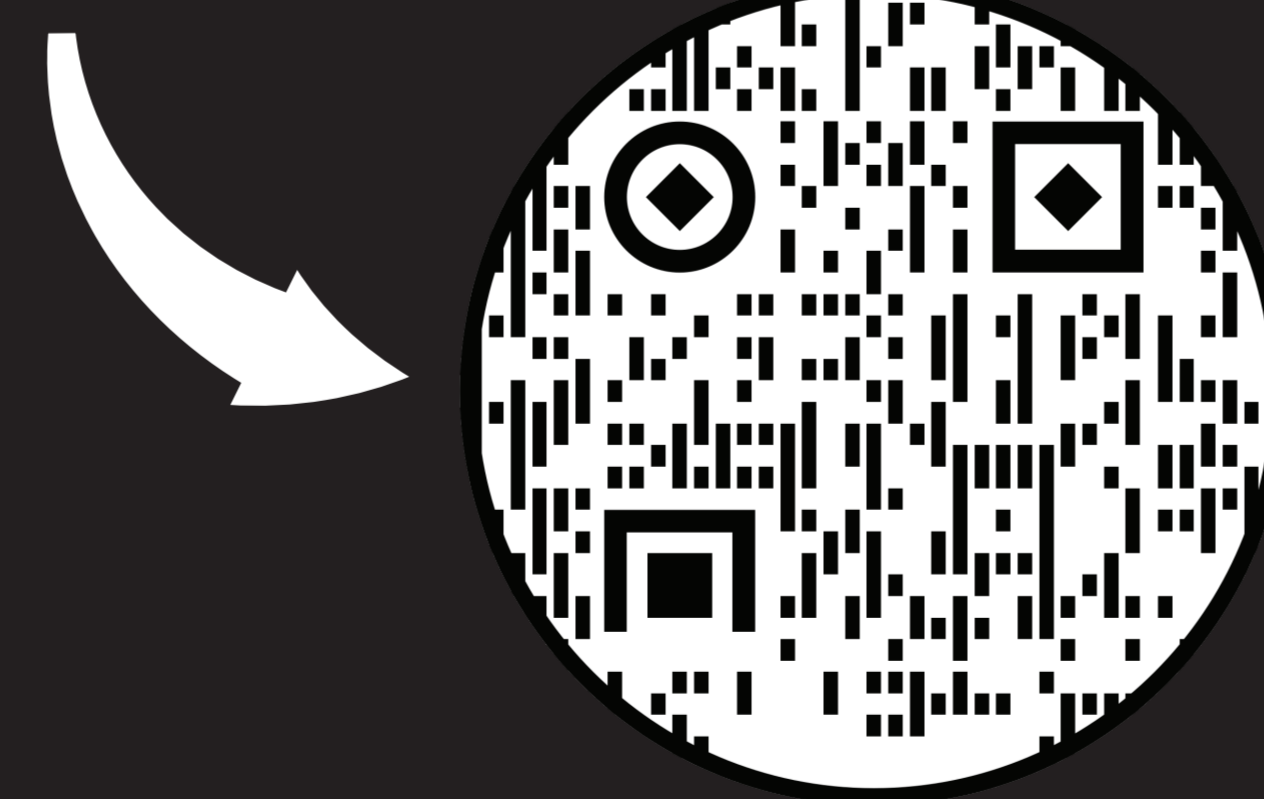


Disclaimer

Always consult a medical professional before taking on a new exercise program. Any activity that involves dynamic movement carries inherent risk. APK is not responsible in any way for any injury or ailment that is incurred while using the Precision Sticks or any of our products.



Scan here for more ideas and challenges!



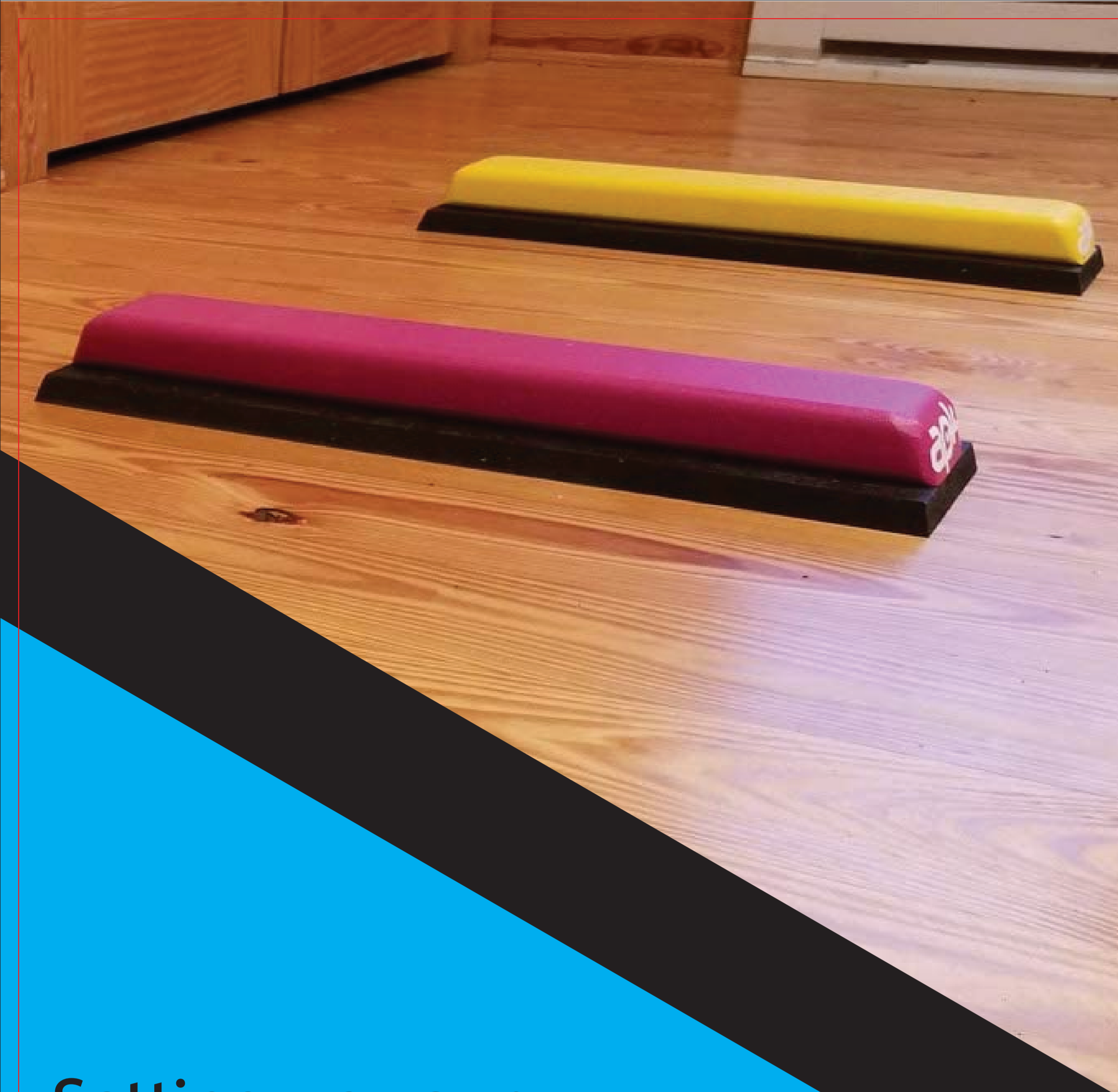
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Foot placement

Whenever you land on the Precision Stick, always aim for the ball of your foot. Never land on your arches or heels.



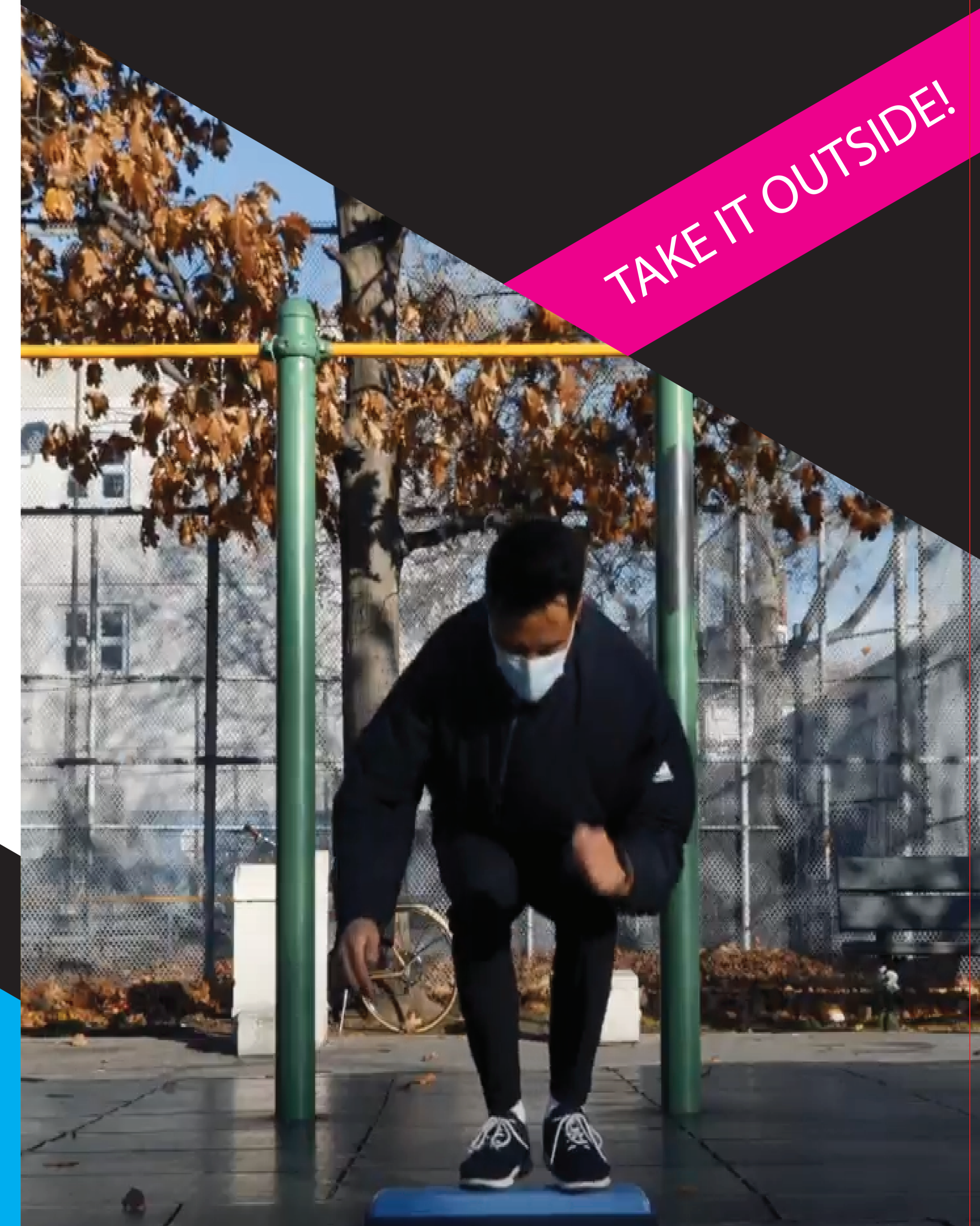
Challenges

"Back-Off". Start close to your Precision Stick and do a precision jump. If you stick the landing, jump from slightly farther away next time. If you don't stick it, try one more time from that distance, and if you don't stick that one, move one increment closer to the Precision Stick. See how far you can get, but remember that the primary goal is perfectly balanced landings consistently. Scan the QR code on the back for more challenges.

Combo it!

Use the Precision Sticks out at your favorite training spot to mix in balance, foot placement, and precision with other moves like vaults, tic-tacs, and swings.

TAKE IT OUTSIDE!



Setting up your new Precision Sticks

When you are getting ready to use your APK Precision Sticks for the first time, check for the following:

1. Space. Ensure there is at least a body-length of space in all directions around each of your Precision Sticks, in order to prevent injury and/or damage to objects around you.
2. Grip. Some surfaces offer more traction on the bottom of the Precision Sticks than others. Before attempting any jumps, set the Precision Stick down and test the traction by sliding it with your foot across the surface. If it slips easily, try another surface. If you're having trouble finding a surface that sticks well and doesn't get marked, try APK's My Training Spot™ mat.
3. Surface marking. Precision Sticks are made to be non marking, but it is always best to test your surface first. Test an inconspicuous area by sliding the Precision Stick across the surface to check for marking.

Precision jump technique

Once you've established consistency in your landing positions, stand near your Precision Stick and try a small jump onto it. Focus on your foot placement, your posture in the landing positions, and sticking the landing by maintaining stillness for 3 seconds. Land in the Top Position and use the Middle Position and Bottom Position if you start to lose your balance. Move on once you can stick at least 6 out of 10 jumps.

What to do from here

Get creative! See how many ways you can challenge yourself to land creatively on your Precision Stick. One foot? Eyes closed? Backwards? Scan the QR code back page for more ideas.