

Components:

- (1) Elastic band with nylon sleeve
- (2) Belt with Velcro fastener and D-ring
- (1) Carrying bag

General Use Instructions: The athlete should remain stationary while the trainer walks away from them to create the desired tension. Then both the trainer and athlete run in the same direction (from the athlete towards the trainer). This will give the athlete assistance and improve speed.



Clip each end of the elastic band to the D-ring on a different belt.

Sample Workout: Assisted runs to improve speed

Week	Runs	Yards	Recovery (minutes)	Times per Week	Volume WO/WK
1	4	10	2	2	80
2	5	10	2	2	100
3	6	10	2	2	120
4	4	20	2	2	160
5	5	20	2	2	200
6	6	20	2	2	240
7	4	30	2	2	240
8	5	30	2	2	300
9	6	30	2	2	360

Disclaimer: To reduce the risk of injury, always wear eye protection. All PowerMax products should be used for their intended purposes and only in accordance with the instructions. Read the instructions prior to use. Improper use and/or failure to follow the instructions may result in serious injury. The use of PowerMax products involves strenuous physical activity. Consult your physician before use of PowerMax products. Gill Athletics, Inc. assumes no liability for accidents or damage that may occur with the use of PowerMax products.