

The Power Behind Performance®

HANDLE FOR POWER SLED™



IMPORTANT INFORMATION
PLEASE READ AND KEEP

DISCLAIMER

The following guidelines should be observed when using the Handle for Power Sled™.

- Always consult your physician before participating in any physical activity.
- Read all instructions carefully before using.
- The Handle for Power Sled™ is for use only with Power Systems' brand Power Sled™. Do not attempt to use with other sleds.
- Always use the Handle for Power Sled™ on a level surface free from obstructions.
- Be certain all bolts are tight before use and that the handle is fully inserted into shafts of sled before use.
- The Handle for Power Sled™ is intended for use only as described in this document. Other uses are not recommended.
- Power Systems, Inc., assumes no liability for injuries, accidents, or damages that may occur with the use or misuse of the Handle for Power Sled™.

For more information regarding the Handle for Power Sled™
or other training products and programs, contact:

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Handle for Power Sled™

The Handle for Power Sled™ is an accessory for the Power Sled™ that adds another dynamic to speed and power training. The innovative design allows athletes to drive the sled from a standing athletic position using either a narrow or wide grip. The handle also allows a coach / trainer to assist an athlete with starting the Power Sled™.

ASSEMBLY INSTRUCTIONS

Parts Included / Quantity:

Handle – 1

Shaft – 1

Sled Attachment Unit – 1

Bolts – 8

TO ASSEMBLE

1. Attach Handle to Shaft and secure using four Bolts (Fig. 1.). Note the handle can only be attached with narrow grip handles extending upwards.
2. Slide the U-shaped end of Shaft over the top of Sled Attachment Unit and secure using the remaining Bolts (Fig. 2).
3. Insert the posts of the Handle for Power Sled™ into the shafts of the Power Sled™ (Fig. 3) until the posts are fully inserted (Fig. 4).

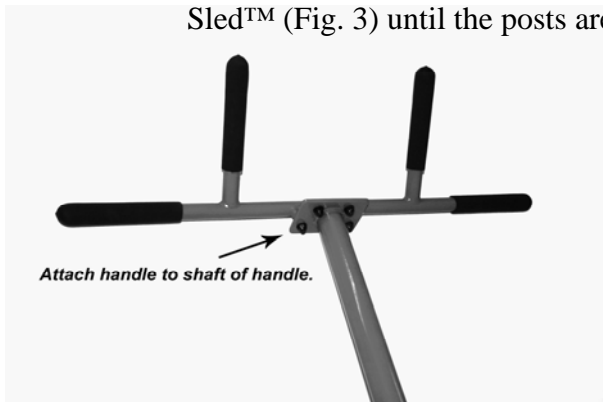


Fig. 1

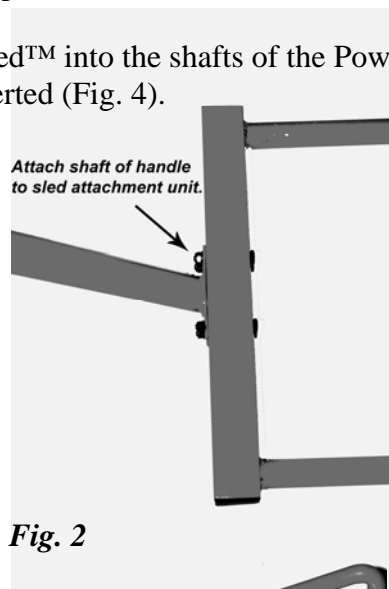


Fig. 2

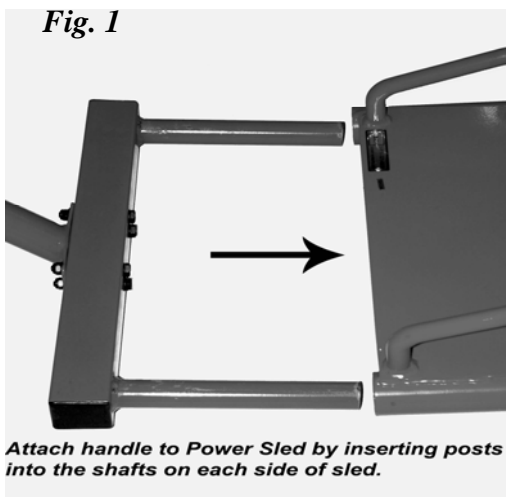


Fig. 3

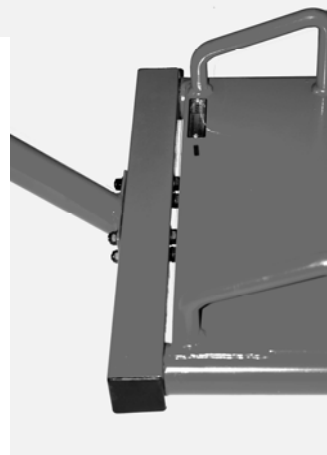


Fig. 4

PREPARATION FOR USE:

1. Warm up the body thoroughly with light exercise and stretching.
2. A base level of strength and endurance is needed before to use.

EXERCISES

1. Forward Run w/Wide Grip

Purpose: This exercise will target the muscles of the arms, shoulders, back, hips, and legs.

Starting position: Place weight plate(s) onto plate rack of Power Sled™. Install the Handle for Power Sled™ into the Power Sled™. Grasp the wide grip with an overhand grip. Bend at the waist with a staggered leg position. Legs should be no wider than shoulder width.

Action: Begin by pushing off with back leg of the staggered position. Keep arms slightly bent throughout movement. Legs should move with high knee lift to generate power and speed. Continue forward straight movement for pre-determined distance or until fatigue.

2. Forward Run w/Narrow Grip

Purpose: This exercise will target the muscles of the arms, shoulders, back, hips, and legs.

Starting position: Place weight plate(s) onto plate rack of Power Sled™. Install the Handle for Power Sled™ into the Power Sled™. Grasp the narrow grip with a neutral grip. Bend at the waist with a staggered leg position. Legs should be no wider than shoulder width.

Action: Begin by pushing off with back leg of the staggered position. Keep arms slightly bent throughout movement. Legs should move with high knee lift to generate power and speed. Continue forward straight movement for pre-determined distance or until fatigue.

3. Assisted Run

Purpose: This exercise will target the muscles of the trunk, hips, and legs.

Starting position: Place weight plate(s) onto plate rack of Power Sled™. Install the Handle for Power Sled™ into the Power Sled™. Participant/Athlete wears the appropriate belt (standard belt, XXL belt, or shoulder harness) with double leads. Attach double leads to hooks on the Power Sled™. Participant/Athlete starts in front of Power Sled™ in pulling position. Coach/Trainer stands behind Power Sled™ grasping the Handle for Power Sled™ in pushing position.

Action: Participant/Athlete begins pulling with explosive high knee leg lift and arm action. Coach/Trainer assists by pushing the Power Sled™ with handle attached. Once the Participant/Athlete has begun moving at an acceptable speed, the Coach/Trainer will stop pushing. The Handle for Power Sled™ will typically release from the Power Sled™. Continue forward movement for specified distance or until fatigue.

Training Tip: The Coach/Trainer should determine distance, time, and number of repetitions to perform these drills.

4. Forward Run and Turn w/Wide Grip

Purpose: This exercise will target the muscles of the arms, shoulders, back, hips, and legs.

Starting position: Place weight plate(s) onto plate rack of Power Sled™. Install the Handle for Power Sled™ into the Power Sled™. Grasp the wide grip with an overhand grip. Bend at the waist with a staggered leg position. Legs should be shoulder width apart.

Action: Begin by pushing off with back leg of the staggered position. Keep arms slightly bent throughout movement. Legs should move with high knee lift to generate power and speed. Once speed or movement is established, begin turning in a large radius. The arms and shoulders along with the trunk will become fatigued due to the added stress needed for turning. Continue moving for pre-determined distance or until fatigue.

5. Forward Run and Turn w/Narrow Grip

Purpose: This exercise will target the muscles of the arms, shoulders, back, hips, and legs.

Starting position: Place weight plate(s) onto plate rack of Power Sled™. Install the Handle for Power Sled™ into the Power Sled™. Grasp the narrow grip with a neutral grip. Bend at the waist with a staggered leg position. Legs should be shoulder width apart.

Action: Begin by pushing off with back leg of the staggered position. Keep arms slightly bent throughout movement. Legs should move with high knee lift to generate power and speed. Once speed or movement is established, begin turning in a large radius. The arms and shoulders along with the trunk will become fatigued due to the added stress needed for turning. Continue moving for pre-determined distance or until fatigue.

Training Tip: A zigzag pattern of movement is an excellent way to enhance agility, power, and speed once the participant/athlete has perfected the aforementioned turns.