

The Power Behind Performance®

S.A.Q. Trainers™

IMPORTANT INFORMATION
PLEASE READ AND KEEP

DISCLAIMER

The following guidelines should be observed when using the S.A.Q. Trainers™

- Always consult your physician before participating in any physical activity.
- Always use under the supervision of a certified coach or trainer.
- Read all instructions carefully before using.
- Inspect the weights for tears, breaks, and other damage before each use. **DO NOT USE IF DAMAGED – REPLACE IMMEDIATELY.**
- The S.A.Q. Trainers are intended for use only as described in this document. Other uses are not recommended.
- Power Systems Inc. assumes no liability for accidents or damage that may occur with the use of the S.A.Q. Trainers™.

For more information about the S.A.Q. Trainers™
or other training products, contact

Power Systems Inc.
www.power-systems.com
1-800-321-6975

Copyright © 2007 by Power Systems Inc.

10/07

S.A.Q. Trainers™

S.A.Q. Trainers™ are designed to enhance arm speed and power. Due to their versatility, they can be used to develop strength in the arms, shoulders, and hands. S.A.Q. Trainers™ come in 1 lb. or 2 lb. pairs.

Exercises

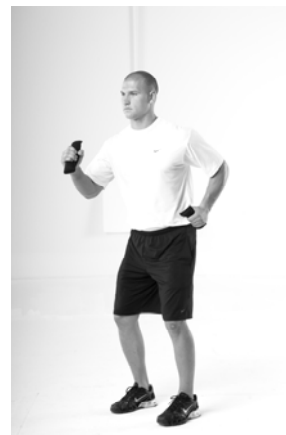
Arm Speed Builder



Starting Phase: After choosing the desired weight, start in a standing or seated position. Grasp the trainers firmly in each hand. Arms should be near your sides with a 90-degree angle at the elbows.

Action Phase: Alternate arms back and forth mimicking the arm motion performed while walking or running. The number of repetitions should be determined by your coach or trainer.

Training Tip: To increase intensity, choose the heavier weights or put both trainers in one hand. A normal breathing pattern is recommended to avoid increasing blood pressure.



Grip Strength Builder

Starting Phase: Grasp a trainer in each hand.

Action Phase: Using a pulsing action, grip and release the trainers. The number of repetitions should be determined by fatigue or your coach or trainer.

Training Tip: A normal breathing pattern is recommended to avoid increasing blood pressure.



Power Systems Inc.
www.power-systems.com
1-800-321-6975

Copyright © 2007 by Power Systems Inc.

10/07

Run and Release



Starting Phase: Grasp trainer(s) in each hand.

Action Phase: Hold in each hand during sprint training to add resistance to the arms. At the pre-determined finish line or end mark, release the trainers in a normal arm motion. If normal arm motion is inhibited, reduce weight.

Training Tip: Hold firmly, but avoid “white knuckle” grip to allow the body to be relaxed during the sprint. To increase intensity, choose the heavier weights or put two trainers in each hand. A normal breathing pattern is recommended to avoid increasing blood pressure

Resisted Running



Starting Phase: Grasp a trainer(s) in each hand.

Action Phase: Hold in each hand during sprint training to add resistance to the arms. Sprint with a normal arm motion. If normal arm motion is inhibited, reduce weight.

Training Tip: Hold firmly, but avoid “white knuckle” grip to allow the body to be relaxed during the sprint. To increase intensity, choose the heavier weights or put two trainers in each hand. A normal breathing pattern is recommended to avoid increasing blood pressure