



***The Power Behind Performance®***

## **Speed Trainer™**

**IMPORTANT INFORMATION  
PLEASE READ AND KEEP**

### **DISCLAIMER**

The following guidelines should be observed when using the Speed Trainer™.

- Always consult your physician before participating in any physical activity.
- Always train under the supervision of a certified trainer or coach.
- Read all instructions carefully before using.
- Inspect the tubing and straps for cracks, breaks, or other damage before each use. **DO NOT USE IF DAMAGED – REPLACE IMMEDIATELY.**
- The Speed Trainer™ is 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 Speed Trainer™.

For more information about the Speed Trainer™  
or other training products, contact

Power Systems Inc.  
[www.power-systems.com](http://www.power-systems.com)  
1-800-321-6975

## **EXERCISES**

### **Resisted Arm Swing**



Starting Phase: Place the adjustable strap around the top of the bicep and the opposite end of the strap between the thumb and forefinger.

Action Phase: Stand in place or run in place. Arms should go through the same range of motion as when running or sprinting.

Training Tip: The number of sets, repetitions, or time should be determined by your coach or trainer.