



The Power Behind Performance®

POWER SLED™ with Standard Waist Belt and Leads

POWER SLED™ with XXL Waist Belt and Leads

POWER SLED™ with Shoulder Harness and Leads

PREMIUM SPEED SLED™ with Standard Waist Belt and Leads

PREMIUM SPEED SLED™ with XXL Waist Belt and Leads

PREMIUM SPEED SLED™ with Shoulder Harness and Leads

**IMPORTANT INFORMATION
PLEASE READ AND KEEP**

DISCLAIMER

The following guidelines should be observed when using the Power Sled™/Premium Speed Sled™ series.

- 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 fabric and attachments for tears and other damage prior to each use. **DO NOT USE IF DAMAGED – REPLACE IMMEDIATELY.**
- The Power Sled™/Premium Speed Sled™ series 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 Power Sled™/Premium Speed Sled™ series.

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

Copyright 2007 by Power Systems, Inc.

POWER SLED™/PREMIUM SPEED SLED™ SERIES

The Power Sled™/Premium Speed Sled™ series harness and leads are used in combination with the Power Sled™ or Premium Speed Sled™ as a method of resistance training to improve strength, power and a speed in running. THE POWER SLED™/PREMIUM SPEED SLED™ SERIES HARNESS AND LEADS ARE SPECIFICALLY DESIGNED FOR USE WITH THE POWER SYSTEMS, INC. BRAND POWER SLED™ OR POWER SYSTEMS, INC. BRAND PREMIUM SPEED SLED™. IT IS NOT RECOMMENDED FOR USE WITH OTHER TYPES OF SLEDS OR RESISTANCE DEVICES.

The Power Sled™ with Standard Waist Belt and Leads consists of a standard waist belt with D-ring that fits waist sizes 30" to 40" and a set of nylon leads.

The Power Sled™ with XXL Waist Belt and Leads consists of an extra-large waist belt with D-ring that fits waist sizes 40" to 52" and a set of nylon leads.

The Power Sled™ with Shoulder Harness and Leads consists of a shoulder harness with two D-rings that fits up to a 56" chest and a set of nylon leads.

The Premium Speed Sled™ with Standard Waist Belt and Leads consists of a standard waist belt with D-ring that fits waist sizes 30" to 40" and a set of nylon leads.

The Premium Speed Sled™ with XXL Waist Belt and Leads consists of an extra-large waist belt with D-ring that fits waist sizes 40" to 52" and a set of nylon leads.

The Premium Speed Sled™ with Shoulder Harness and Leads consists of a shoulder harness with two D-rings that fits up to a 56" chest and a set of nylon leads.

The Power Sled™ is equipped with rear handles allowing the sled to be pushed by the athlete. **PRIOR TO PUSHING THE POWER SLED™ BE SURE TO REMOVE THE LEADS AND HARNESS/WAIST BELT. FAILURE TO REMOVE LEADS AND HARNESS/WAIST BELT COULD RESULT IN SERIOUS INJURY TO THE ATHLETE/USER AND WILL SUBSTANTIALLY ACCELERATE THE WEAR ON THE LEADS AND HARNESS/WAIST BELT.**

PREPARATION FOR USE

- 1) Select a suitable surface to train on. Ideal surfaces include practice and game fields or running tracks. The surface should be free from obstructions that may cause the athlete to trip or the sled to get caught on.
- 2) Attach the nylon leads to the Power Sled™ or Premium Speed Sled™ by inserting the leads through the eyes on the front of the sled runner. Insert the steel clip through the nylon loop on the opposite end of the lead and pull until tight. The steel clip will be attached to the D-ring on the waist belt or shoulder harness.
- 3) Secure the waist belt or shoulder harness. If using the waist belt, be sure the belt is positioned over the hips to avoid unnecessary pressure on the abdomen.
- 4) Attach the steel clips from the nylon leads to the D-ring(s) on the belt or shoulder harness. The cords should extend straight back to the Power Sled™ or Premium Speed Sled™ without crossing or twisting.
- 5) When using the handles to push the Power Sled™ be sure the harness and leads are NOT ATTACHED. Failure to remove the harness and leads can result in serious injury to the athlete/user

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

Copyright 2007 by Power Systems, Inc.

INSTRUCTIONS FOR USE OF THE POWER SLED™/PREMIUM SPEED SLED™

- 1) Warm up thoroughly with stretching and light exercise. Perform a few warm up runs without resistance before using the Power Sled™ or Premium Speed Sled™.
- 2) Assess the training level of the individual to aid in the selecting the resistance level at which you are going to train. The level of resistance depends on a variety of factors. Key factors to consider when determining resistance are the user's body weight, skill level and experience running with resistance. Individuals who weigh more will be able to tow more weight than lighter individuals. Proper form is important when running, individuals who are new to sprint training are more likely to have biomechanical running flaws that are likely to be accentuated when an external training stimulus is imposed. To help reduce this risk have the individual perform a short series of 10 to 30 yard sprints prior to using the sled. Note their form and emphasize to the user that they need to run naturally when using the sled.
- 3) Load the Power Sled™ or Premium Speed Sled™ with the desired weight. The Power Sled™ is designed to hold up to 200 lbs safely and weighs 30 lbs. without any additional weight. The Premium Speed Sled™ is designed to hold up to 90 lbs. Remember that without any additional weight the Premium Speed Sled™ weighs 10 lbs. It is recommended to begin using a light resistance initially. This will allow the user to acclimate their body to sled training, while maintaining proper running form. Increase the weight as the skill level of the user increases.
- 4) Always begin the run with a slight tension in the nylon leads. NEVER START WITH SLACK IN THE NYLON LEADS. Any slack or looseness can result in the user being "jerked" off balance at the start of the drill resulting in injury to the user. Slack in the nylon leads also accelerates the wear on the leads and harness/belt fabric shortening the life of the product.
- 5) Perform starts/sprints as instructed by your training regimen or coach/trainer. Perform a series of 5-8 training runs per session. Keep the runs between 10-30 yards when using the Power Sled™ or between 10-60 yards when using the Premium Speed Sled™ for most users. Elite level athletes may be able to maintain proper form and power production over longer distances. Work with your coach/trainer to develop a program specific to your needs and abilities.
- 6) When pushing the Power Sled™ keep the training runs to 20 yards or less. Be sure the athlete maintains a flat back and keeps the arms extended during each training pass. Encourage the athlete to drive their legs through a full range of motion to develop strength and power for any competitive situation.

TRAINING RECOMMENDATIONS

- 1) Never use a resistance load that compromises running form. Maintaining proper running biomechanics will reduce the risk of injury and promote a smooth transition to running without the sled.
- 2) Always emphasize a powerful, explosive drive with the arms and knees while training. This will help to produce and transfer the maximal amount of power your can produce resulting in more speed.
- 3) Remember to allow sufficient recovery between runs. Generally 3-5 minutes will be appropriate.
- 4) Maintain proper form during each and every run. If you notice form beginning to deteriorate, decrease the load on the sled prior to the next run. If form still suffers, end the training session.
- 5) Do not train with the Power Sled™ or Premium Speed Sled™ on consecutive days. Allow 48-72 hours of recovery between sessions to promote maximal recovery.
- 6) Consult with your coach or other qualified individual to assist in design of your training program.

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

Copyright 2007 by Power Systems, Inc.

EXERCISES

Forward Sprint – Level Surface



Starting Phase: With the Premium Speed Sled™ behind you, position yourself in a sprinter's stance, keeping the lead taut. Your coach or trainer should instruct you on the most efficient and mechanically correct stance.

Action Phase: Stay low at the beginning of the sprint, pumping the legs and arms vigorously. Maintain arm drive and knee lift throughout the sprint. Continue the sprint for a predetermined time or distance as prescribed by your coach or trainer.

Forward Sprint – Uphill



Starting Phase: With the Premium Speed Sled™ behind you, position yourself in a sprinter's stance, keeping the lead taut. Your coach or trainer should instruct you on the most efficient and mechanically correct stance.

Action Phase: Stay low at the beginning of the sprint, pumping the legs and arm vigorously. Maintain arm drive and knee lift throughout the sprint. When sprinting uphill, knee lift and arm drive are vitally important. The amount of energy required to run uphill is greater, so the distance or time traveled should be somewhat less than running on a flat surface.

Back Pedal



Starting Phase: With the Premium Speed Sled™ in front of you, position yourself at a distance that will keep the lead taut. Your ready stance should be similar to a defensive back or outfielder who is ready to move backward to go for the ball. It is very important to stay low and pump the arms. Staying low will allow you to maintain your balance properly.

Action Phase: Maintaining a low stance, pump the arms vigorously while moving backward. Keep the lead taut at all times to prevent being pulled off balance. Continue back-pedaling for a predetermined time or distance as prescribed by your coach or trainer.

Training Tip: Hips should face the sled at all times. Do not turn away from the sled unless your coach or trainer advises you to do so.

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

Copyright 2007 by Power Systems, Inc.