



***The Power Behind Performance®***

# **LEG SPEED BUILDER™**

**IMPORTANT INFORMATION  
PLEASE READ AND KEEP**

## **DISCLAIMER**

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

- 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 tubing and attachments for cracks, tears, and other damage before each use. **DO NOT USE IF DAMAGED – REPLACE IMMEDIATELY.**
- Do not stretch the tubing more than two times its unstretched length. The unstretched Leg Speed Builder™ tubing is approximately 45 inches long. Therefore, the maximum safe stretch is 8 feet. Excessive stretching may exceed the elastic limit of the tubing and cause it to snap or tear.
- Never release the tubing while it is under tension.
- The Leg Speed Builder™ 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 Leg Speed Builder™.

For more information about the Leg Speed Builder™  
or other training products, contact:

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

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# LEG SPEED BUILDER™

The Leg Speed Builder™ is a versatile training device to develop the lower body. It is designed to strengthen muscles and to train specific running movements. Each unit consists of two adjustable foot harnesses and two 45-inch latex tubes.

## HOW TO PUT ON THE ADJUSTABLE FOOT HARNESS:

The foot harness is a nylon ankle strap with a nylon stirrup. Place your foot into the strap so that the nylon stirrup runs under the foot just in front of the heel. Next, wrap the ankle strap around the ankle and use the Velcro attachment to secure the foot harness.

Each adjustable foot harness has three D-rings to connect to the tubing. One ring is located on the nylon stirrup directly under the foot (A). The other two rings are located on the ankle strap (B, C). They can be positioned anywhere on the ankle strap: front, side, or back. Select the connection point based upon the exercise you are doing. Use the point that provides the best combination of comfort and range of movement.



## HOW TO ATTACH THE LATEX TUBING:

Each latex tube has a steel clip on one end and a nylon mounting loop at the other end. The nylon loop can be held by a training partner or it can be attached to any sturdy, fixed object (post, railings, fences, and door handles). To connect the tubing to a fixed object, wrap the nylon strap around the fixed object and pull the steel clip and tubing through the loop until tight. The steel clip on the other end can be attached quickly and easily to any of the D-rings on the foot strap.

## STRENGTH EXERCISES:

### 1. Hip Flexor Development

**Starting Phase:** Mount the nylon loop as low to the floor as possible. Attach the tubing to the D-ring on the back of the foot or under the heel. Lie on your back with your head away from the mounting point and legs straight. Your body should be positioned far enough from the mounting point so that there is a slight amount of tension in the tubing.

**Action Phase:** Alternate legs, bringing the knee up as far toward your chest as possible. Hold for a one count and slowly return leg to the starting position. Perform 2-3 sets of 8-15 repetitions with each leg. Only perform as many sets and repetitions as you can using controlled movements and good technique.

### 2. Glutes / Hamstrings Development

**Starting Phase:** Mount the nylon loop approximately 12 inches off the floor. Attach the tubing to the D-ring on the top of the foot. Lie on your back with your head toward the mounting point. Position your body so that your legs are straight up in the air (L position) and there is slight tension in the tubing.

**Action Phase:** Keeping the legs straight, alternate legs bringing the heel to the floor by extending the leg at the hip. Hold for a one count and slowly return the leg to the starting point (L position). Perform 2-3 sets of 8-15 repetitions with each leg. Only perform as many sets and repetitions as you can using controlled movements and good technique.

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3. Quadriceps Development

**Starting Phase:** Mount the nylon loop approximately 12 inches off the floor. Attach the tubing to the D-ring on the back of the foot. Lie on your stomach with your head toward the mounting point. Position your body so that your legs are bent 90 degrees at the knee and there is a slight tension in the tubing.

**Action Phase:** Alternate legs, bringing the toe to the floor by extending at the knee. Hold for a one count and slowly return the leg to the starting point. Perform 2-3 sets of 8-15 repetitions with each leg. Only perform as many sets and repetitions as you can using controlled movements and good technique.

4. Hamstrings Development

**Starting Phase:** Mount the nylon loop as close to the floor as possible. Attach the tubing to the D-ring on the back of the foot or under the heel. Lie on your stomach with your head away from mounting point. Position your body so that your legs are straight and there is a slight tension in the tubing.

**Action Phase:** Alternate legs, bringing the heel toward the buttocks by flexing at the knee. Hold for a one count and slowly return the leg to the starting point. Perform 2-3 sets of 8-15 repetitions with each leg. Only perform as many sets and repetitions as you can using controlled movements and good technique.

5. Hip Adductors Development

**Starting Phase:** You will only be able to exercise one leg at a time and will need a chair or other device to help balance yourself during the exercise movement. Mount the nylon loop approximately 12 inches off the floor. Attach the tubing to the D-ring on the outside of the ankle or under the heel. Position your body so that you are standing sideways to the mounting point with the leg you are exercising closest to the mounting point. All of your weight should be on the non-exercising leg. Balance yourself by holding onto the back of the chair. The leg you are exercising should be straight and pointing directly toward the mounting point. There should be a slight tension in the tubing.

**Action Phase:** Keeping the leg straight, bring the foot toward the body. If possible, swing the exercising leg in front of the leg you are standing on for a greater range of movement. Hold the leg at the end of adduction for a one count and slowly return to the starting position. Perform 2-3 sets of 8-15 repetitions with each leg. Only perform as many sets and repetitions as you can using controlled movements and good technique.

6. Hip Abductors Development

**Starting Phase:** You will only be able to exercise one leg at a time and will need a chair or other device to help balance yourself during the movement. Mount the nylon loop approximately 12 inches off the floor. Attach the tubing to the D-ring on the inside of the ankle or under the heel. Position your body so that you are standing sideways to the mounting point with the leg that you are exercising farthest away from the mounting point. All of your weight should be on the non-exercising leg. Balance yourself by holding onto the back of the chair. The leg you are exercising should be straight and directly beside your other leg. There should be a slight tension in the tubing.

**Action Phase:** Keeping the leg straight, bring the foot away from the body. Hold the leg at the end of abduction for a one count and slowly return to the starting position. Perform 2-3 sets of 8-15 repetitions with each leg. Only perform as many sets and repetitions as you can using controlled movements and good technique.

## **RUNNING ENHANCEMENT:**

### 1. Push Off / Knee Drive

**Starting Phase:** You will need an object to hold onto during this exercise to help maintain your balance. You can use a training partner, chair, or wall. Attach the tubing as close to the floor as possible. Attach the tubing to the D-ring on the back of the foot. Stand facing away from the mounting point and balance yourself against your partner or chair. Be sure to keep your partner or chair at arms length so you do not hit them with your knees while performing the drill. There should a slight tension in the tubing.

**Action Phase:** Alternate the legs, driving the knee upward each time. The upward movement should be very quick and powerful. Keep the toe of the exercising leg flexed upward at all times to reduce unnecessary stress on the ankle joint. Perform 2-3 sets of 8-15 repetitions with each leg. Only perform as many sets and repetitions as you can using controlled movements and good technique.

*TIP: Practice good running form – push off the toes, point toes up, drive knee up. Remember – toe up, knee up with each push off.*

### 2. Pull Throughs

**Starting Phase:** You will need an object to hold onto during this exercise to help maintain your balance. You can use a training partner, chair, or wall. Attach the tubing about waist high off the floor. Attach the tubing to the D-ring on the front of the foot. Stand facing toward the mounting point and balance yourself against your partner or chair. Be sure to keep your partner or chair at arms length so you do not hit them with your knees while performing the drill. One leg should be lifted up so that the thigh is parallel to the floor. There should be a slight tension in the tubing. The other leg will be on the floor and the tubing will have a fair amount of tension on it.

**Action Phase:** Alternate legs, driving the toe toward the floor and behind the body. The toe should just barely touch the floor. Try to think of it a “pawing” the ground like a cat. The movement should be very quick and powerful. Perform 2-3 sets of 8-15 repetitions with each leg. Only perform as many sets and repetitions as you can that use controlled movements and good technique.

*TIP: Practice good running technique. The toe should be pointed up until contact with the ground. Once contact is made with the ground, the athlete will then extend the foot and push off the ground. Remember – toe up and push off – paw the ground.*