

EXERCISE GUIDE

- Warm up for 3-5 minutes before each session.
- Complete approximately 3-5 sets of each running activity selected for the desired distance (typically 10-20 yards).
- Rest approximately 30-60 seconds between each running activity.
- Perform each running activity in a safe and controlled manner.

- Perform running activities a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of complete rest between each exercise session.

Before beginning this or any other exercise program, you should always consult with your doctor or physician.

SETUP



1.)



2.)



3.)



1.) Slide weighted bag(s) inside Sprint Sak. 2.) Attach black clips together to keep weighted bags in place. 3.) Fasten silver clasp of orange leash to the silver ring on the end of

the Sprint Sak. Place belt around waist and slide belt strap through loop. Tighten to secure belt in place.

FORWARD RUN



Attach Sprint Sak belt to waist with bag positioned behind body and leash pulled taut.

Accelerate forward by driving out of your front hip and pushing off your back leg, maintaining a forward body lean on balls of feet, with bent arms and good running form.

Once desired distance is achieved, face in opposite direction, and repeat.

BACKWARD RUN



Attach Sprint Sak belt to waist with bag positioned in front of body and leash pulled taut.

Accelerate backwards by driving out of your front hip and pushing off your back leg, standing upright and on balls of feet, with bent arms and good running form.

Once desired distance is achieved, face in opposite direction, and repeat.

CROSS-OVER SIDE STEP RUN



Attach Sprint Sak belt to waist with bag positioned alongside body and leash pulled taut.

Accelerate laterally by stepping your foot over and across in front of body and pushing off with the foot you are stepping across. Keep center of gravity low, while maintaining a forward body lean on balls of feet, with bent arms and good running form.

Once desired distance is achieved, face in opposite direction, and repeat.