

EXERCISE GUIDE

- Warm up for 3-5 minutes before each session.
- Complete approximately 3-5 sets of each activity selected for a minimum of 5-10 yards.
- Complete 1-3 sets of each exercise selected.
- Rest approximately 30-60 seconds between each exercise set.
- Perform each exercise in a safe and controlled manner.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of complete rest between each exercise session.

SLED PUSH (HIGH POSITION)



Grasp vertical bars with hands positioned slightly below top horizontal bar and body leaning slightly forward. Push sled forward with alternating knee drive while pushing through the balls of the feet.

SLED PUSH (MID POSITION)



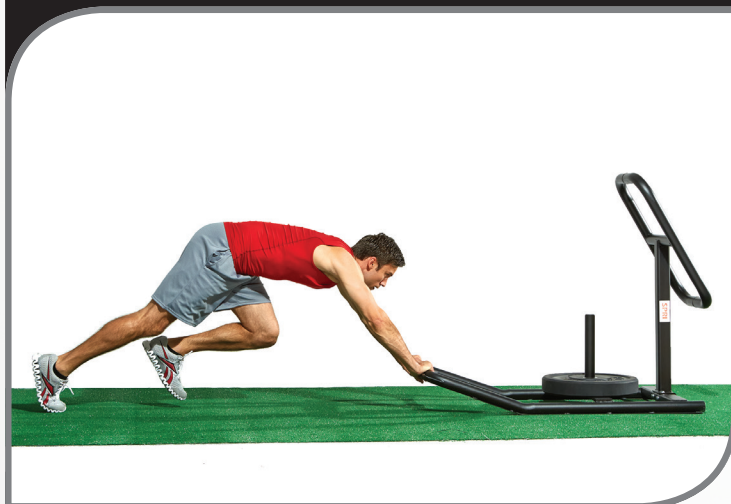
Grasp middle horizontal bar with hands shoulder width apart and body leaning forward. Push sled forward with alternating knee drive while pushing through the balls of the feet.

SLED PUSH (LOW POSITION)



Grasp vertical bars with hands positioned below middle horizontal bar and body leaning forward in a low horizontal position. Push sled forward with alternating knee drive while pushing through the balls of the feet.

EXERCISE GUIDE

SLED PUSH

Place both hands on low vertical handle and align body in a low horizontal position with back flat. Push sled forward with alternating knee drive while pushing through the balls of the feet.

SLED PULL (MID POSITION)

Grasp vertical bars with hands positioned just below middle horizontal bar, hinge forward at the hips with body leaning backward, legs bent, and arms straight. Pull sled backward with alternating knee drive while pushing through the balls of the feet.

HARNESS DRAG

Place harness snugly over shoulders and around waist and attach to sled. Move away from sled until harness straps are fully extended. With a slight forward body lean, run forward on balls of feet with alternating bend arm swings and knee drive.