

# SPEED TRAINING

## SMART SPEED & WEIGHTED JUMP ROPES

Designed with a rubber grip handle that contours to the hands of the user, taking pressure off the wrist. Choose between these two ropes for a comfortable and challenging workout.

- Speed Rope is easy to maneuver and accelerate for a burst of max cardio
- Weighted Rope adds resistance to turn up the intensity
- Both jump ropes are adjustable; change the length to fit any height



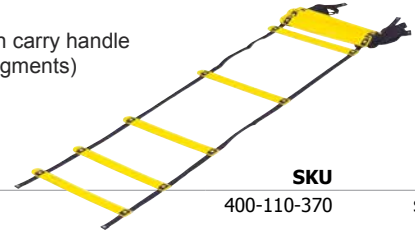
	SKU	MSRP
Smart Speed Jump Rope	400-540-310	\$19.00
Smart Weighted Jump Rope	400-540-320	\$24.00



## SMART ACCELERATION LADDER™

Designed to teach you to do one essential thing well: Accelerate.

- Increasing spaces between rungs to teach faster turnover and maximum stride length
- Flat, hard-plastic rungs
- Tangle-free storage with carry handle
- 37ft total length (two segments)



	SKU	MSRP
Smart Acceleration Ladder	400-110-370	\$89.00



## VIPER 360 BELT SET

Premium belt that improves sprinting, leaping, and directional quickness.

- Padded belt with 1 Saturn ring and 3 stationary D-rings
- Quick transitions between resistance and assistance
- 8ft flexicord safely stretches to 20ft
- Handle/belt for a training partner

	SKU	MSRP
Medium (Waist 29-32in)	400-520-130	\$89.00
Large (Waist 32-36in)	400-520-131	\$89.00
X-Large (Waist 36in+)	400-520-132	\$89.00



## DIRECTIONAL SPEED TRAINER

Powerful lateral movement trainer that helps develop speed, stride length, and strength.

- Dual resistance, 24ft max stretch
- Explosive change-of-direction training: forward, backward and lateral
- Padded belt with 2 swivel rings, each 180° to allow full range of motion
- Safety cuffs that tether to wrist



	SKU	MSRP
Directional Speed Trainer	400-520-240	\$99.00