

**AN INVESTMENT IN YOUR SPEED DEVELOPMENT ...**

# **BULLET BELT™**

A new training tool and new technique! Blast out of starts, explode off the line of scrimmage, develop quick lateral moves and improve jumps with the **Bullet Belt**.



**Train Explosive Starts**

Designed for Coach James Henry at University of Michigan, the Bullet Belt's variable resistance levels combine with a break-away velcro system to provide a new training technique for explosive starts, directional moves, and jumps.



The Bullet Belt™ uses two basic training methods.

## **#1 The POP METHOD:**

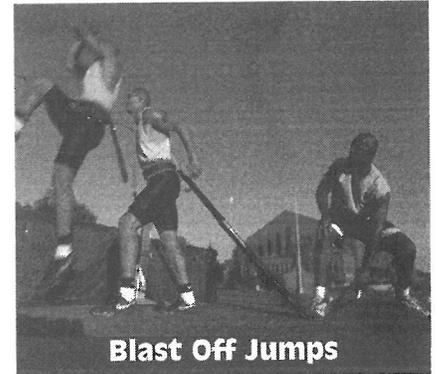
For this method, start by fastening 1"-2" inches of velcro to the belt. The athlete performs an action and pops the resisting velcro. In the first few tries, both the trainer and athlete will notice a "blip" in form as the athlete adjusts to the extra resistance. After the initial adjustment, the athlete should feel the resistance, but the trainer should not be able to detect it in the athlete's form. Train at this level until the athlete can perform the action without feeling extra resistance. Once this is accomplished, increase resistance by increasing amount of velcro fastened to the belt. Use inch marks along the velcro to measure the resistance levels.

At each level of resistance, **TIME THE "POP"** to occur at several different points during the action. Do this by adjusting the amount of slack in the belt between the athlete and the trainer. For example in starts, time the "pop" to occur before, during and after the first, second, and third step. The more "overload points" you sandwich in a sport specific action, the more improvement you'll see.

Conditioning the body to overcome increased levels of resistance will train it to recruit and fire additional muscle fibers. Patterning can be established and when the extra resistance is taken away, the additional muscle fibers still fire, resulting in explosive speed. This theory applies to many explosive actions:

Starts, blasting the line of scrimmage, stealing base, lateral moves on the court, and vertical or horizontal jumps.

## **#2 The RIP METHOD:**



**Blast Off Jumps**

The "Rip" method overloads a series of points instead of a single point. It provides contrast training within one rep.

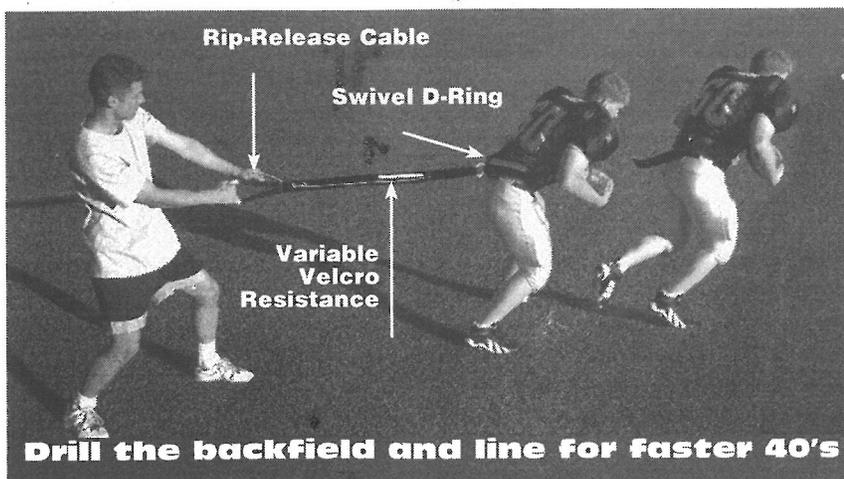
Fasten the entire 18" of velcro. Use the cable for two types of rip-releases.

For a smooth transition from resisted to unresisted running, drop the large handle and maintain grip on the small cable handle. The runner peels away from the belt into their unresisted run.

For a more explosive transition, trigger the break-away with a quick pull on the small cable handle (like a lawn mower); the release is immediate.

A trainer can restrain an athlete until they want a break-away to occur. The "rip" resistance still occurs quickly, but the overload effect does last longer than the one point "pop" method.

The Bullet Belt can be used for full resistance and the swivel D-ring also lets you train lateral moves and spins.



**Drill the backfield and line for faster 40's**