

PowerMax Variable Resistance Chute(TA163M & TA163XL)

Components:

(1) PowerMax Chute with leads, (1) Velcro fastened belt, (1) Carabineer

Attachment Instructions:

How do I attach the chute to the MaxBelt?

Carabineer snaps onto the nylon strap or the chute, snap the strap onto the MaxBelt.

General Use Instructions:

Small or medium resistance.

The baffle in the back of the chute is released to a longer position for small resistance. With baffle in place the resistance will be medium strength.

Large or extra large resistance.

The baffle in the back of the chute is released to a longer position for large resistance. With baffle in place the resistance will be extra strength.

Sample Workouts:

Straight ahead running. Drills for prescribed distance.

Week	# of runs	yds to run	Recovery between runs (minutes)	# of times perweek	Volume WO/WK
One	9	10	One	Two	180
Two	12	10	One	Two	240
Three	15	10	One	Two	300
Four	9	20	One	Two	360
Five	12	20	One	Two	480
Six	15	20	One	Two	600
Seven	9	30	One	Two	540
Eight	12	30	One	Two	720
Nine	15	30	One	Two	900

Disclaimer:

All PowerMax Products should be used only for their intended purposes and only in accordance with the instructions. Please read the instructions prior to use. Improper use and /or failure to follow the instructions may result in serious injury. The use of PowerMax Products involves strenuous physical activity. You should consult your physician before use of the PowerMax product. Gill Athletics, Inc. assumes no liability for accidents or damage that may occur with the use of PowerMax Products.