

PowerMax Dual Resistance Tether(TA1521)

Components:

(1) Nylon strap, (2) Velcro fastened belt, (2) carabineers, (1) carry bag

Attachment Instructions:

How do I attach the tether to my MaxBelt?

Snap a carabineer to each end of the tether (nylon loop); now snap the carabineer onto a loop on the MaxBelt.



Note: If carabineer does not latch properly or gets damaged, do not use until it has been replaced.

General Use Instructions:

Partner will apply resistance by leaning back.

Sample Workouts:

Partner assisted runs. Straight ahead running.

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.

⚠ CAUTION TO REDUCE THE RISK OF INJURY, ALWAYS WEAR EYE PROTECTION