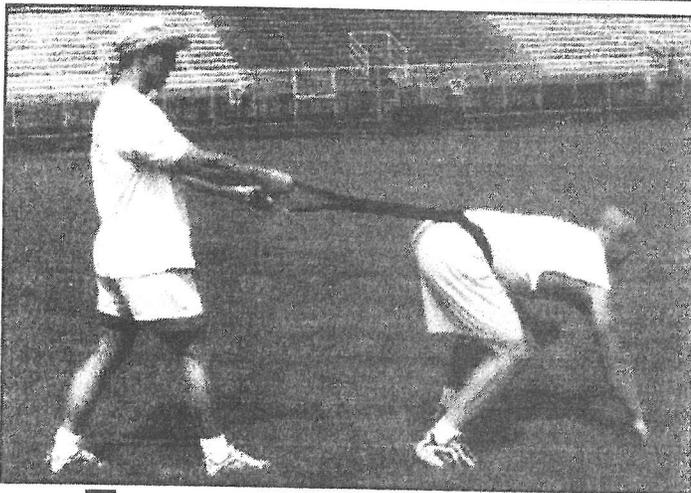


BULLET BELT

-POP MODEL-



EXPLOSIVE TRAINING

CAUTION: "Break-in" the velcro by pulling it apart by hand 50 times - Do this before the first field use of the product. We recommend starting with straight ahead drill until you are familiar with the belts resistive force.

Post for all users:

The Bullet Belt "Pop" model is the basic design in the six belt series. It is used to train explosive sport-specific skills. Regular use will increase an athlete's ability to apply force to the ground. Two primary advantages of the belt are: 1. The belt's ability to incrementally increase the level of force an athlete must use to execute an action and 2. The belt's ability to require the athlete to "explode" through the belts resistance at release, not just be "let go". (Also avoids "slow-down" often encountered with traditional overload techniques). The belt should be used regularly and incorporated into in-season drills using the easy Overload, Explode, Finish training model.

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See safety sheet: www.lanegainer.com/safety