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Hip Flexor (TA1511)

Components:

(2) Hook and loop fastened thigh straps, (1) Hook and loop fastened belt, (2) carabineers

Attachment Instructions:

Attach the weight bands by placing them around the middle of your thigh with the hook and loop fastening in the front. Secure band in place with hook and loop straps. Side strap should be on the outside of your leg. You may shorten the side straps by pulling down on the free end. To lengthen pull buckle tab up.

Attach the straps to the hip belt through the metal D-ring. For MaxBelt clip through best fit nylon loop.



General Use Instructions:

When using the Hip Flexor, be sure the weight bands fit comfortably on your thighs.

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.

Sample Workouts:

High Knee, A drills

Week	# of sets	Reps	Recovery between sets (minutes)	# of times perweek	Volume WOWK
One	3	30	One	Two	180
Two	4	30	One	Two	240
Three	5	30	One	Two	300
Four	3	45	One	Two	270
Five	4	45	One	Two	360
Six	5	45	One	Two	450
Seven	3	60	One	Two	360
Eight	4	60	One	Two	480
Nine	5	60	One	Two	600

Running Workout

Week	# Of runs	Yds to run	Recovery between runs (minutes)	# of times perweek	Volume WOWK
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

Speed:

- 9 x 40-60 yards/meters @ 90-100% effort with 3:00 - 5:00 minute rest
- 12 x 40-60 yards/meters @ 90-100% effort with 3:00 - 5:00 minute rest
- 15 x 40-60 yards/meters @ 90-100% effort with 3:00 - 5:00 minute rest

Speed endurance:

- 9 x 100-200 yards/meters @ 75-90% effort with 2:00 – 3:00 minute rest
- 12 x 100-200 yards/meters @ 75-90% effort with 2:00 – 3:00 minute rest
- 15 x 100-200 yards/meters @ 75-90% effort with 2:00 – 3:00 minute rest