

Speed Harnesses

Resisted Sprinting



**Sprint Resistor
(Shoulder harness)**
From €44 + VAT
130-229



**Sprint Resistor
(Waist harness)**
From €29+ VAT
130-228



130-411 Gamespeed 360 €99+VAT

Perform resisted & assisted exercises with full range of motion. The resistance cord attached to the belt provides a complete 360-degree rotation with continuous resistance. Kit includes 4 different sizes of waist belts, Adjustable coaches belt, 8' resistance bungee cord

Build speed, strength, explosive power & endurance through resisted sprinting. Increase controlled running pattern & improve balance and forward leaning position
Features a durable 8-foot long rigid nylon leash along with a 10-inch wide easy to grip handle for the training partner who holds the runner back & controls the resistance.



130-226 Viper belt & 8 foot Bungee:
€85 + Vat.

130-225 Viper belt & 25 foot Bungee:
€109 + Vat.

130-236 Viper belt without bungee:
€45 + Vat.

Premium speed belt system that improves sprinting, leaping and directional quickness.

Arguably the best Quality Belt available. Well padded, extremely strong and robust. The main advantage is the additional rotating ring on the belt which can rotate around the belt almost 360 degrees.



130-235 Quick Release Leash €29 + VAT

The Quick Release Leash is a heavy-duty leash that combines fixed resistance with overload release for explosive speed training.

3m long strap with a handle—trainer can provide a strong resistance to the athlete before pulling the release clip, tricking the nervous system into commanding the muscles to shift gears more quickly.

Use the Quick Release leash along with the Workhorse, 360 Belt, or any of our other belts and harnesses.



130-522 Power Speed Resistor
€29 + VAT

Resisted sprinting can't be beaten as the easiest & most inexpensive way to develop explosive speed.

Excellent for explosive speed and anaerobic fitness workouts. Easy to use, lightweight, comfortable & hardwearing the

Power Speed Resistor will quickly become your favourite training tool.



The Trainer®: €199 + VAT

The Trainer is the only training resistance training device that allows for easy dial changes in resistance level (0-600 units).

Features of The Trainer:

Provides fixed, steady resistance for forward, backward and lateral movement. Safe- Resistance ends when you stop. Great for rehabilitating lower extremity injuries, as well as improving acceleration and explosiveness. Portable and easy to use – slip on the padded waist belt, hook to the cord and attach The Trainer to a secure object. Set resistance level and begin training.

Includes: The Trainer, two belts, 40-yard cord, carrying case, and manual.



130-230 The Workhorse Harness
€79 + VAT

An all-in-one harness. From shuffles, bounds, sprints, drops, backpedals, swings etc., it puts resistance or over-speed in every movement without altering the movements natural mechanics

Has 2 "Saturn Rings" which rotate nearly 360 around the waist. These you to anchor from 2 different points while working drills that require multiple changes of direction.



140-347 Hammer Head Anchor Gym H2
€79 + VAT

A wall mounted system for anchoring resistance bands and straps. Mount the gym in any configuration for hundreds of exercise options. Made of steel and capable of supporting up to 300 lbs. Each hook has a T-bar and curved shape for bands to be pulled from multiple angles safely. Hammer Head Anchor Gym H2 Units have 2 hooks that extend 3" from the wall – each hook measures 11 1/2" high x 2 1/2" wide. Hardware included for mounting to wood studs