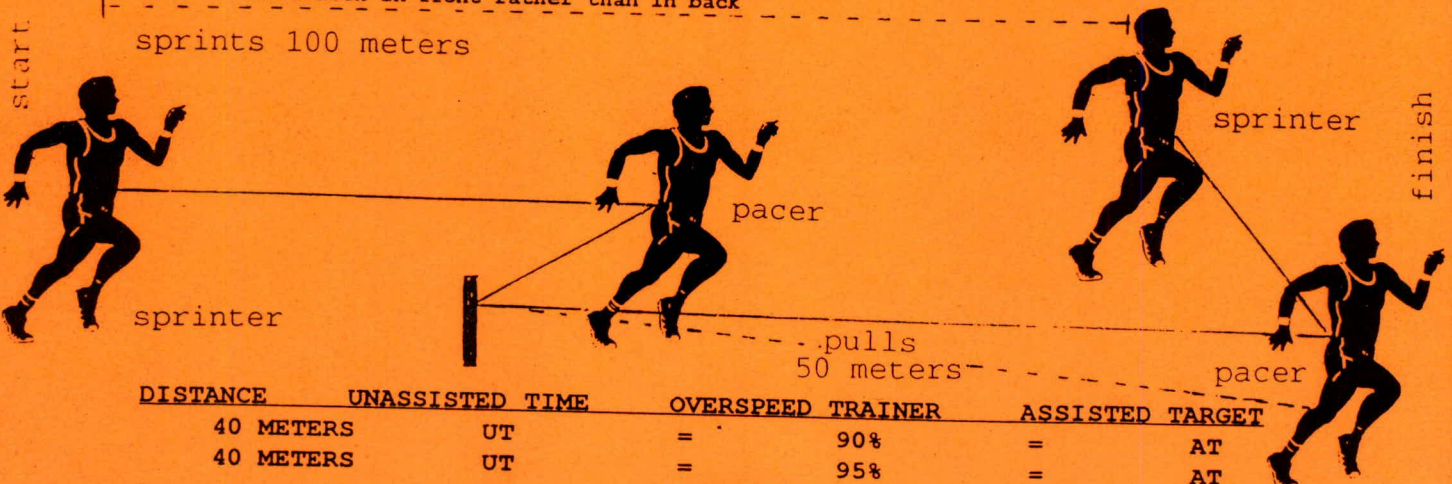




Innovative Sports Equipment, Inc.

OVERSPEED TRAINER

1. Adjust belts to a snug fit.
 - a. Swivel hook in back.
 - b. Release hook in front (hook opening down).
2. Tie off rope end (peel back rope end, remove and press velour down).
 - a. Midway between start and finish
 - b. To a fence, post or other anchor
3. While the sprinter unwinds the rope on his way to the start line the pacer should:
 - a. Attach pulley to his belt's swivel hook
 - b. Adjust the velcro rip-cord (1" - 1 1/2" will hold 30 - 45 lbs and is plenty for sprint assistance)
4. The rope unwound, The Sprinter and Pacer should align themselves as shown in the diagram
5. With tension on the rope, the Sprinter can now place the rope end ring on the belt's release hook
6. Sprint assistance can now begin, with the following in mind.
 - a. The two runners may start out in the same lane or 2 lanes apart, but they must finish approx. two lanes apart to avoid a collision and to ensure a proper release and clear of the rope (pacer veers)
 - b. The sprinter runs full speed, as if unaided, while concentrating on increased stride frequency
 - c. Sprint assistance should not exceed a 10% increase in speed or improper mechanics will result; see chart
 - d. The pacer may look over his shoulder to watch the Sprinter's mechanics
 - e. The rope will automatically release from the Sprinter when the Pacer slows down or reaches the stopper ring (located 5 meters from the end ring; You'll see how it works when you walk through it the first time.)
 - f. The velcro rip-cord will break loose and release the Sprinter if the pull becomes too great
 - g. An additional safety feature allows the Sprinter to release himself with a quick chop downward to the tow line.
7. For resistance training simply;
 - a. Have the Sprinter and the Pacer begin in the same line.
 - b. Have them begin at the finish line and towards the start line
 - c. The Sprinter leads the way with the Pacer following behind holding back
 - d. The Sprinter must hook the rope-end-ring on his belt swivel hook
 - e. The Pacer keeps the pulley on his belt's swivel hook, but must now have the swivel hook in front rather than in back



DISTANCE	UNASSISTED TIME	OVERSPEED TRAINER	ASSISTED TARGET
40 METERS	UT	= 90%	= AT
40 METERS	UT	= 95%	= AT
(EXAMPLE)			
30m flying	3.2	= 90%	= 2.78
60m crouch	7.4	= 95%	= 7.03

(952)