



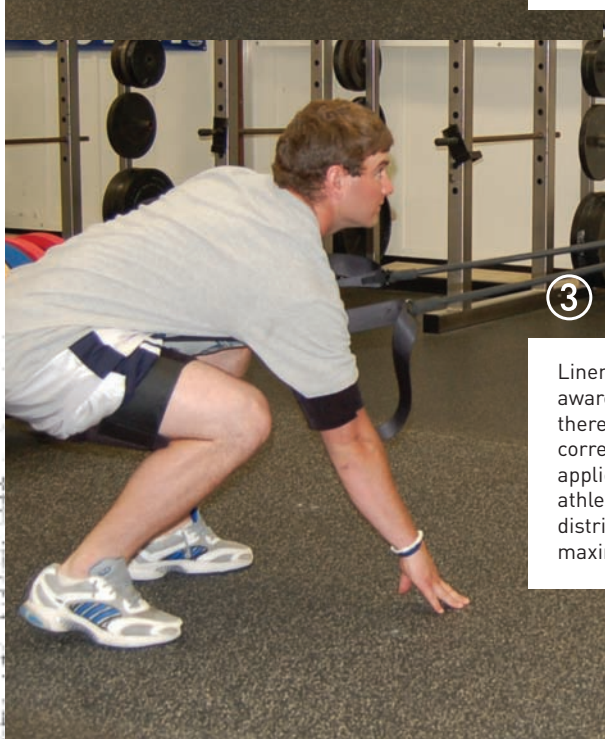
①

This football lineman works against SprintCord resistance, practicing his takeoff from his pre-hike stance. The trainer, with SprintCord in hand, maintains resistance to the athlete's forward motion. To compensate, the athlete directs more force into the ground, striving for the same velocity he would use on the playing field. As a result, the athlete develops more explosive power, resulting in quicker takeoffs and enabling him to outmaneuver his opponent.



②

Many football athletes perform Olympic lifts with the goal of developing explosive abilities for blocking and tackling. SprintCord Technology allows the athlete to take that effort one step further by practicing his blocks and tackles at sport-specific velocities and angles while being resisted. The athlete learns to drive "up and through" the opponent with power and accuracy.



③

Linemen in football must be very aware of taking their stance; there's not a lot of time to make corrections. Cord resistance applied from the front allows the athlete to "learn" how to properly distribute weight in his stance to maximize takeoff effectiveness.

POWER UP!

WITH CORD CONDITIONING

by Pete Leno, Assistant Professor of Health and Physical Education for Dickinson State University; Dickinson, North Dakota. Director of the Ben Frank Performance Center

Athletic Republic's SprintCord Technology

provides every athlete a dynamic training tool to develop sport-specific skills. Let's use football as an example. The SprintCord, seen in these pictures, allows the athlete to train key explosive movements in real-time velocities against cord resistance.

15



④

Successful pass blocking requires balance and quick feet. SprintCord resistance from the front teaches the lineman proper set-up technique by forcing him to drive himself back to gain separation from his opponent. Variations of movement training coupled with SprintCord resistance help teach proper balance and footwork.

