



The New Revolution in Bodyweight Training
www.fitnessconcept.com.sg

Speed Training



Accelerator - 150 Pound Resistance

This product takes explosive movement training to the next level. Accommodates 30 plus drills which emphasize all the major muscle groups and also helps train speed, agility, balance, quickness, and explosiveness. Comes with three key components: 'H' Harness, 10' – 150 pound Slastix™, and anchor. Padded harness fits over shoulders and is large enough to fit over shoulder pads, but adjusts small enough to fit children.



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All-legs Speed Builder

Develop fast twitch muscle fibers. Explosive movements cannot be done with free weights or a pulley system because you are moving faster than gravity. Using Slastix™ as the form or resistance, the athlete trains without damaging expensive equipment. Unique 3 ring ankle strap allows Slastix™ to be connected to all key locations of the foot to allow nearly all leg exercises. Comes with 2 All-legs straps, 2 - 4' Slastix™, and 1 anchor.

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Double man over speed

Increase speed and lengthen your stride with this 2 person over speed training device. Athletes are attached together with a 20' Slastix and our universal swivel belts. The Double man Over speed can also be used for sport specific training such as QB assisted and resisted drop backs, DB and receiver drills, baseball base running drills, and hundreds more.



Leapfrog Tether

The Leapfrog Tether is similar to the Double Man Over speed except the length between the athletes is shorter. Lead runner and trailing runner take turns providing assisted acceleration. 4' Slastix™ with 2-swivel belts. Ideal for resistance running, over speed training, power running, and sport specific training.



Quick Feet Fast Hands

Bio-Mechanically correct to develop leg strength while doing nearly any drill or participating in any sport. Great for jumping, speed and strength development. Padded ankle/wrist straps are interchangeable. Clip on additional elastics to increase resistance.

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Shoulder Surge

Shoulders assist in stride length and speed. If the shoulders aren't trained for speed like the lower body then the lower body has to compensate for the upper-body's inadequacy. The Shoulder Surge device encourages the athlete to focus on upper body form and functional shoulder strength as the shoulders drive through the resistance provided by the sleeved elastics. 1 Universal Swivel Belt, 2-4' elastics, 2-biceps straps.



Side Step

Adding resistance to lateral movements helps develop the abductor muscles. As these muscles are developed, the athlete can react faster laterally. Padded ankle cuffs joined together with our patented Slastix.



Single man over speed

Single person over speed training device. Athlete is attached to anchor and the anchor is attached to secure object. In order to create resistance the athlete prepares by moving away from the point of anchor. The added resistance pulls the athlete faster forcing the athletes stride to lengthen and pace to quicken. After the over speed training device has performed its roll, the athlete pulls the quick release strap, the device separates from the athlete and the athlete then tries to maintain that speed and stride beyond the point of anchor. 30' Slastix™ with swivel belts or runners harnesses.

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The Chaser

The chaser is a specialized tool for developing faster lateral movements.

Attached to two anchored resistance bands, the athlete works against resistance in 360 degrees. This piece of equipment allows the athlete to go forward, backward, and side to side. By connecting the elastics end to end, the Chaser can double as an over speed training device similar to the single man over speed. Includes 1- Chaser belt, 2 - 8' Slastix™, and 2 - anchors.

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