

BULLET BELLY™

OVER-SPEED PULLEY TOWING SYSTEMS

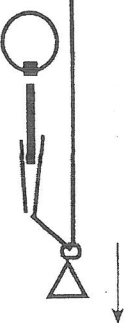
The Bullet Belt Speed Towing System is designed for over-speed training. This type of training should be performed once the athlete is warmed-up but fatigue has not yet occurred. Ample rest between reps is necessary for full recovery. Athlete should be towed only 5-7% faster than 100% speed. The athlete must give 100% effort while being towed or drill is pointless. Be careful to maintain good sprint mechanics and avoid overstriding or "breaking" (foot landing in front of knee) during tow. Athlete will be automatically released from towing device by slowing down or stopping. Cord reel is for storage only - do not use in drills.



Fixed attachment point.
Connect rope with clasp.



CAUTION: The towed athlete is moving twice as fast as the person towing. Be very careful.



Bullet Belt should be worn with tail in front of belt at navel. Offset the buckle to one side for good alignment. Tail is "sandwiched" into velcro Y on towing rope. The deeper the tail is put into the Y, the more towing force you can apply.
Note: The athlete can hold the tail and Y together for the first few steps.