

RESISTANCE TRAINER

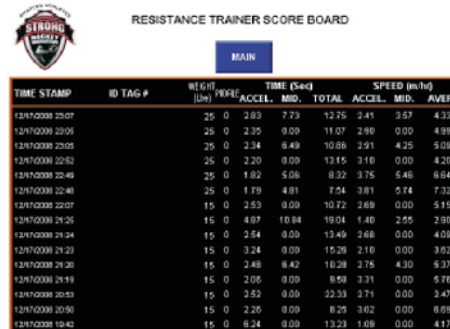
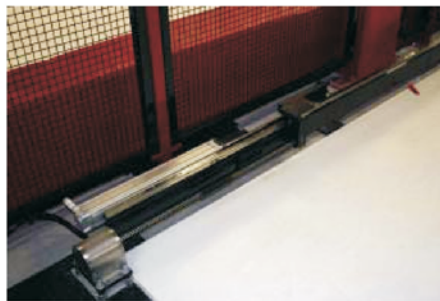




FEATURES

SLED AND SLIDE

- Epoxy painted tube push sled
- 70' dual linear guide rail system
- two home/start, quick start, middle point sensors and two stop sensors for clock display
- 5lb-25lb variable friction resistance increased in five pound increments
- 10" end impact shock absorbant mechanism



COMPUTER PROGRAM

- user can easily create programs and resistance
- records and tracks results for each run
- trainer interface touch screen computer and stand

FOCUS

The Strong Resistance Trainer

The resistance training station will be used to develop strength and improve the posture in a players skating stride. The player will push or pull a sled down a 70' track at a preset resistance setting (5lb, 10lb, 15lbs, 20lbs, 25lbs) while concentrating on their stride and posture. This station tracks the speed and time it takes the player to reach the 10 foot quick start position, half way point and end point. All data collected within this station can be sent to the data collection system for further analysing.