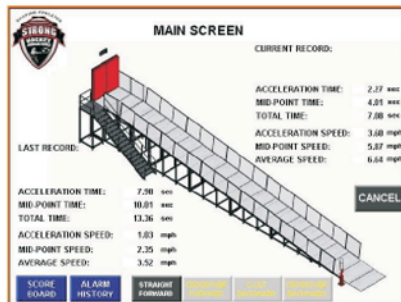



MONSTER INCLINE





- computer program that records times and results for each exercise performed
- incline structure meets and complies with all safety and engineering codes
- incline can be manually adjusted to increase or decrease the slope
- can be made to order (longer, wider)
- time clock at finish line to promote competition
- trainer interface touch screen and stand





SCORE BOARD

NEXT

PREV

TIME STAMP	ID TAG #	POSITION	TIME (Sec)		SPEED (mph)	
			ACCEL.	TOTAL	ACCEL.	AVG.
04/15/2008 08:36	0	2.27	4.31	7.08	3.60	5.87
04/15/2008 08:37	0	7.88	10.61	13.36	1.83	2.35
04/15/2008 10:30	0	2.25	4.31	6.88	3.45	4.88
04/15/2008 10:31	0	1.85	3.26	5.16	4.53	7.22
04/15/2008 10:36	0	7.54	8.92	10.66	1.88	2.47
04/15/2008 10:36	0	2.44	6.62	13.31	3.35	3.55
04/15/2008 12:17	1	1.29	3.32	5.88	6.34	7.79
04/15/2008 12:17	1	1.82	2.90	4.79	8.82	9.41
04/15/2008 12:16	1	2.81	7.74	15.72	2.81	3.83
04/15/2008 12:15	1	1.56	3.95	7.39	5.24	5.86
04/15/2008 12:15	1	0.86	2.58	5.28	8.35	9.12
04/15/2008 12:14	1	0.73	1.88	7.46	11.21	12.01
04/15/2008 12:14	1	1.54	2.38	6.40	5.31	7.80
04/15/2008 12:13	1	3.15	4.88	7.88	2.80	4.72
04/15/2008 12:11	1	0.83	2.12	3.87	9.86	11.10



The Strong Monster Incline

The Monster ramp station has a 45' ramp set at 7.5 degrees with 10' stopping area that is used to develop the skating skills of the player. This station isolates and develops the leg muscles used to play hockey by using it to train in forward skating, side cross over and backward skating techniques. This station tracks speed and lapse time the player takes to reach 3 positions, the 12 foot mark in the quick start position, the half way point and at the end point. All data collected within this station can be sent to the data collection system for further analyzing.