



**RUN ROCKET** 

## PREPARE TO TAKE OFF... WITH EXPLOSIVE ACCELERATION

There are many different options for resistance training: rubber bands, sleds, parachutes. However, the Steelflex Run Rocket is the only one that mimics the natural resistance an athlete feels when free-running, and intensifies it. The resistance is linear and completely fluid, without dangerous pullback. This makes the Run Rocket the ideal tool to train an athlete to their maximum potential. When you want speed, there is no substitute!

**Dual Pull Points:** standard lower roller and a higher quick attachment point for agility belts and taller athletes.

**Infinitely Adjustable Resistance:** just turn the knob to dial in your desired workout intensity, from light acceleration training to heavy push/pull.

**Portable:** transports easily with large, no-flat wheels.

**Automatic Retraction:** When the exercise is complete, the unit SAFELY retracts the strap, no dangerous pullback.

**Any Surface, Indoor or Out:** rubber, non-marring feet mean the Power Runner can be used safely on any surface. This also keeps it from moving on high resistance pulls.

**Digital Resistance Display:** the digital readout with levels from 1-30 keep workouts consistent from day to day and from athlete to athlete.

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20 kg flywheel.

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New multi-function digital readout console!

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45 m long running cord.

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Body harness (FHN1) included within scope of supply.

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Transports easily with large, no-flat wheels across turf or pavement.

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Durable powdercoating.

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Counterbalanced to ensure stability on the ground during use.

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Additional Olympic plate loading post for adding extra counterbalance weight, when required.

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Weather resistant components for outdoor use.

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Dimensions: L 98 x W 71 x H 100 cm

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