



# TA154B – WAIST BELT & LEADS CUSTOMER INSTRUCTIONS

www.gillathletics.com  
800-637-3090

For use with the **TA154 PowerMax Sled** or the **TA1541 Sprint Start Sled**.

- Components:**
- 1 Waist Belt
  - 2 Nylon Leads
  - 4 Carabineers

**Assembly:** Use the carabineers to attach one end of the nylon leads to the waist belt and the other end to the sled.

**Make sure the nylon leads do not have any slack before pulling.**

### Drills

One minute recovery between repetitions.  
Twice per week.

Week	Repetitions	Distance	Volume WOWK
1	9	10 yards	180
2	12	10 yards	240
3	15	10 yards	300
4	9	20 yards	360
5	12	20 yards	480
6	15	20 yards	600
7	9	30 yards	540
8	12	30 yards	720
9	15	30 yards	900

### Speed


Distance: 40 to 60 yards  
 Effort: 90 to 100%  
 Recovery: 3 to 5 minutes

Week 1: 9 reps  
 Week 2: 12 reps  
 Week 3: 15 reps

### Endurance

Distance: 100 to 130 yards  
 Effort: 75 to 90%  
 Recovery: 2 to 3 minutes

Week 1: 9 reps  
 Week 2: 12 reps  
 Week 3: 15 reps

 **WARNING:** Cancer and Reproductive Harm –  
 For more information go to [www.p65warnings.ca.gov](http://www.p65warnings.ca.gov)

Disclaimer: All PowerMax products should be used only for their intended purposes and only in accordance with the instructions. Please read the instructions prior to use. Improper use and/or failure to follow the instructions may result in serious injury. The use of PowerMax products involves strenuous physical activity. You should consult your physician before use of the PowerMax product. Gill Athletics, Inc. assumes no liability for accidents or damage that may occur with the use of PowerMax products.