Do you want to improve your team’s acceleration and speed using completely natural movements? The Run Rocket is the only training equipment that mimics the natural resistance an athlete feels when free running, just amplified. The resistance is linear and completely smooth, with no dangerous pullback. This makes the Run Rocket the ideal tool for training an athlete to boost speed. When you want speed, there is no substitute.

The Run Rocket is a portable resisted sprinting system which uses fly wheels to create the resistance for the athletes. With the ability to gear through 30 levels of resistance, the run rocket can be tailored to any athletes training requirements to get the best improvements in speed, power and agility. In addition to this, the run rocket can be used to resist during plyometric jumping and/or broad jumping.

The addition of wheels to the run rocket make it a portable system allowing the system to be used during both indoor and outdoor training session. The system includes a disc loading bar to add mass to the frame ensuring stability and minimal movement during training with athletes of larger proportion.

The resistance of the run rocket can be toggled using an adjustment knob, this resistance is represented numerically on the display for ease of repeatability. With a harness of multiple attachment points, the run rocket allows for various pulling points accommodating for various movement patterns of each sport. The tether has a length of 36.5 meters with an automatic retraction system for ease of function. An athlete can be tethered to more than one Run Rocket to provide lateral resistance or can be used for rotary concentric movements and a large range of other movements.

The best resisted running equipment for agility training & boosting speed.
**Dimensions**

<table>
<thead>
<tr>
<th>Dimension</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Length (cm)</td>
<td>94</td>
</tr>
<tr>
<td>Width (cm)</td>
<td>71</td>
</tr>
<tr>
<td>Height (cm)</td>
<td>101.5</td>
</tr>
<tr>
<td>Net weight</td>
<td>74.8 kg</td>
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<tr>
<td>Gross weight</td>
<td>/</td>
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</table>

**Warranty**

<table>
<thead>
<tr>
<th>Component</th>
<th>Warranty</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frame / Parts</td>
<td>2 years</td>
</tr>
</tbody>
</table>

**Console / Workouts**

- 30 levels of resistance
- Flywheel of 20 kg
- Automatic retraction, no dangerous pullback
- Can be tailored to any athletes training requirements
- Solid tires for easy transportation
- Durable powder coat finish
- Weather resistant components for outdoor use
- Disc loading bar to add mass to the frame

**Ininitely Adjustable Resistance**

Just turn the knob to dial in your desired workout intensity, from light acceleration training to heavy push/pull.

**Digital Resistance Display**

The digital readout with levels from 1-30 keep workouts consistent from day to day and from athlete to athlete.

**Convenient Portability**

Transports easily with large, no-flat wheels.

**Rubber, non-marring feet**

The Run Rocket can be used safely on any surface. This also keeps it from moving on high resistance pulls.

**Dual Pull Points**

This design includes a lower roller and a higher quick attachment point for agility belts and taller athletes.

**Weight Horn**

Transports easily with large, no-flat wheels.

**41 meter Nylon Strap**

Allows a full 36.5 meter dash & slowdown.

**Weight Bearing**

Transports easily with large, no-flat wheels.

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