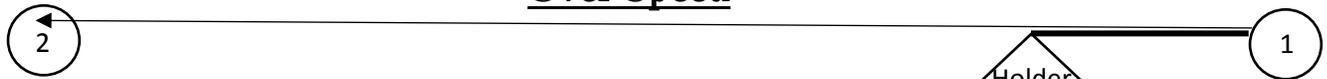


Smash Speed Recoil Resistance Trainer

Want to get more out of your exercises? Perform these drills while wearing Smash Speed & Agility Bands! Visit VictoremGear.com to pick up your new training gear, watch in depth training videos, and save 10% when you subscribe. Also, follow us @VictoremGear on Twitter and Instagram for the tips and product giveaway contest!

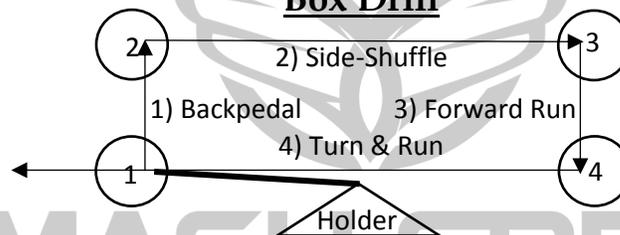
BEGINNER DRILLS

Over-Speed



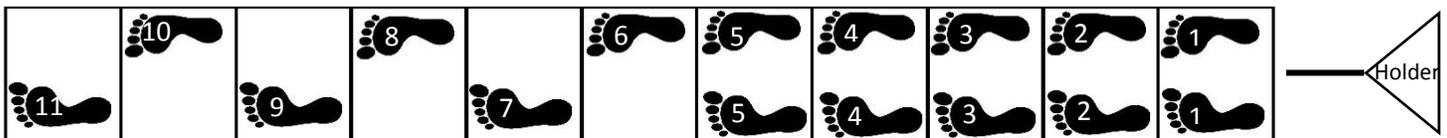
- 1) Over-Speed Training is used to recruit new muscle tissue, enhancing performance when an athlete accelerates the body at speeds greater than normal competing speed. Begin with the "holder" standing approximately 20 feet in front of the athlete, or at maximum resistance.
- 2) Athlete should explode out of starting position, running in a straight line towards cone #2.
- 3) "Holder" should be running towards cone #2 as well, assisting the athlete as much as possible to surpass 100% speed. "Over-Speed" should be achieved for 10-30 yards depending on the "holders" ability to assist. Avoid tripping over bungee, and perform this on a soft surface to avoid serious injury.

Box Drill



- 1) Athlete will follow pattern above (Backpedal, Side-Shuffle, Forward Run, Turn & Run), maintaining balance as they change direction, exploding through the last cone.
- 2) "Holder" will stay in same position throughout exercise, securing the bungee.

5 Hops & Run



- 1) Begin at the start of the ladder, feet shoulder width apart. Focusing on speed (rather than vertical jump), jump into the first 5 boxes. The "holder" will be behind the athlete, securing the bungee, and moving with the athlete as they progress through the ladder.
- 2) Once athlete hits box #6, run through the rest of the boxes, alternating which foot goes in the next box.
- 3) Explode out of the last box, running at full speed for another 10 yards.

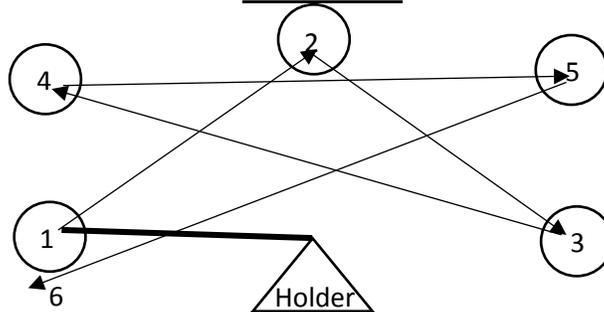
PLEASE READ PRODUCT WARNING INSTRUCTIONS PRIOR TO USE TO ENSURE SAFETY

UPC: 764804337532

Made in China

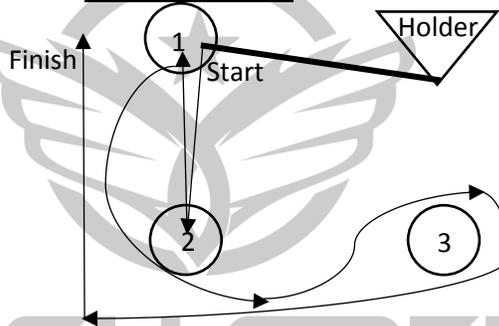
ADVANCED DRILLS

Star Drill



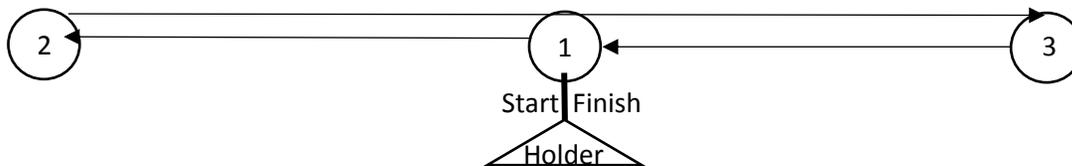
- 1) Begin by setting cones out as shown above. This drill will help athlete's maintain balance while changing direction & feel resistance working against where the athlete wants to go.
- 2) Start at cone #1, with the "holder" securing the bungee as showed above. Athletes will follow pattern as shown above, ensuring balance and explosion at each cut.

3 Cone Drill



- 1) Begin by setting cones out as shown above. This drill will help athlete's maintain balance while changing direction & feel resistance working against where the athlete wants to go.
- 2) Start at cone #1, with the "holder" securing the bungee as showed above. Athletes will follow pattern as shown above, running to cone #2, back to cone #1, around cone #2, around cone #3, around cone #2, and exploding through the finish line.

20 Yard Shuttle



- 1) Begin by setting cones out as shown above. This drill is used by scouts to evaluate agility.
- 2) Start at cone #1, with the "holder" securing the bungee as showed above. Athletes will follow pattern as shown above, turning and running to cone #2, cutting back and running to cone #3, and lastly turning to run through cone #1.



SMASH SPEED