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### GENERAL DESCRIPTION

The Real Runner™ is a high-intensity interval trainer that simulates a runner's stride, providing a full range of motion, while simultaneously developing stride length, stride frequency, endurance, acceleration and power.

The Real Runner™ is the only performance trainer that uses isokinetic resistance in both the extension and flexion of the hip and knee joints while also promoting dorsiflexion of the ankle.

### APPLICATIONS

- Proven results with short intervals (20-60 repetitions≈20-60 seconds)
- Performance training
  - Increase stride length by building muscle and power across the entire runner's gait without impact
  - Increase stride frequency through conditioning the athlete to accomplish faster repetitions
  - Acceleration
  - Power
  - Assured muscular hypertrophy - lower back, abdominals, hip flexors, gluteal muscles, hamstrings, quads, calves, shin and foot
  - Dorsiflexion - strength and conditioning of the Tibialis Anterior Muscle
  - Forward foot strike
- Biomechanics
- Rehabilitation
- Physical Therapy

### ACCESSORIES

- Wheel Kit for easy movability
- Dual Grip Bars
  - Standard
  - Extended
- Workout regimen
  - Stride Length
  - Stride Frequency
  - Strength Development
  - Acceleration Development
  - Speed Training (6-week cycles)

### ADJUSTMENTS

- Requires no adjustment for stature
- Pedals automatically adjust for taller users by extending further rearward

### MAINTENANCE

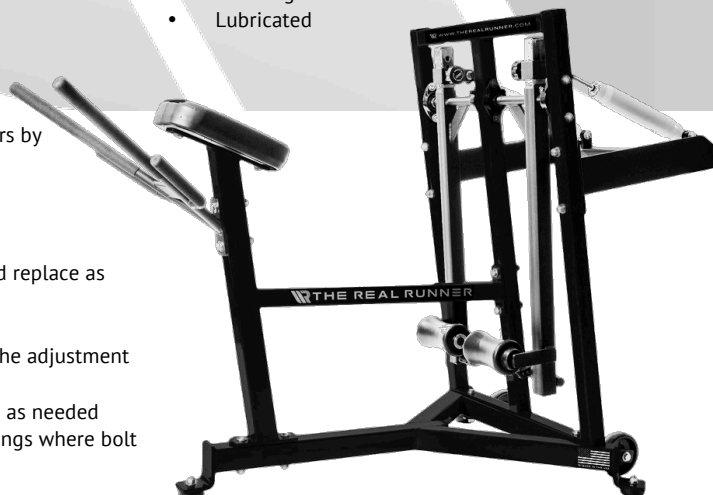
- Surface cleaning
- Check pads and handle grips for wear and replace as needed
- Lubrication
  - Silicone lubricant on the tubing of the adjustment slides
  - Grease on bearings and zerk fittings as needed
  - Silicon spray around urethane bushings where bolt goes through metal insert

### FEATURES

- The only performance equipment that provides resistance in both flexion and extension of the runner's movement, concentric and eccentric contractions
- The only performance equipment that trains dorsiflexion by creating a necessity for the athlete to draw the toe toward the shin, in order to bring the peddle arm forward, under resistance, within the runner's stride
- The only performance equipment that provides resistance through isokinetic pistons that respond in kind to the athlete's degree of intensity of flexion and extension
- Provides 3 levels of isokinetic resistance - each level's intensity is variable contingent upon the user's output in stride force and frequency
- Used by professional, Olympic and collegiate sports of all disciplines (football, baseball, basketball, hockey, MMA fighters, track and field, etc.)
- Purchased and trained on by individual elite athletes
- Purchased and trained on by actors to prepare for stunts, conditioning, strength and physique

### SPECS

- Dimensions
  - Assembled - 39"(W) X 72"(L) X 51.5"(H)
    - Remove 4 rear bolts to fit through 36" door
  - Shipped (pallet) - 41"(W) X 67"(L) X 54"(H)
- Weight - 235lbs
- Steel frame square tubing 2.50" x 2.50"
- Dura-foam sewn and stitched pad
- Robust bearings (>10 year lifespan)
- MIG .035 wire welded
- Powder coated finish (baked on at 400 degrees)
  - Matte Black
  - High Gloss Black
  - High Gloss White
  - High Gloss Red
  - High Gloss Blue
  - High Gloss Green
  - High Gloss Yellow
- Lubricated



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