

Sport-Thieme Speedy Pro Schnelligkeitstrainer „Sport-Thieme Edition“

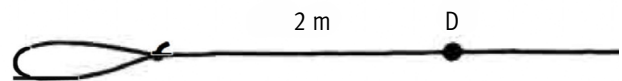
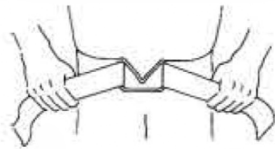
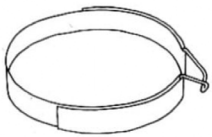
Vielen Dank, dass Sie sich für ein Sport-Thieme Produkt entschieden haben!

Damit Sie viel Freude an diesem Gerät haben und die Sicherheit gewährleistet ist, sollten Sie diese Anleitung zunächst vollständig durchlesen, bevor Sie mit der Montage beginnen.
Für Fragen und Wünsche stehen wir Ihnen gerne zur Verfügung.

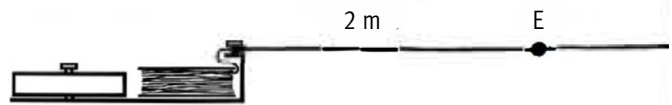


Startvorbereitungen

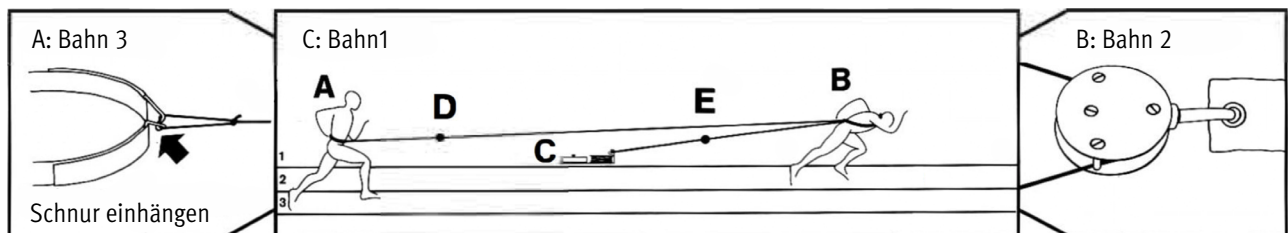
A: Hüftgurt anlegen, das Ende der Schnur mitnehmen, hinter die Startlinie gehen ...
Der Haken muß nach unten zeigen! Stopper D muß 2 m vor Schnurende angebracht werden.



B: den Schultergurt überziehen, Schnur abrollen, an der Gewichtplatte befestigen ...
E muß mindestens 2 m von der Gewichtplatte weg sein!

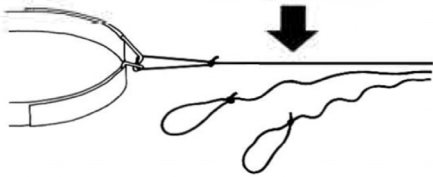


Startaufstellung

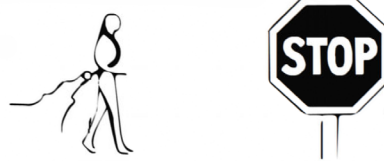


Auskopplungsmöglichkeiten ...

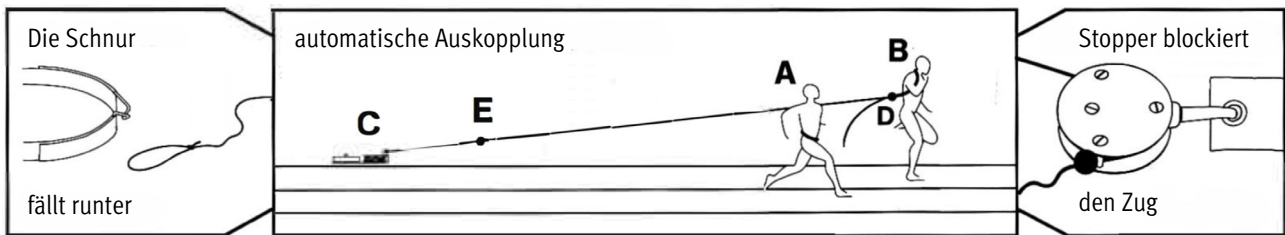
... wenn A die Schnur weg schlägt



... wenn B zu laufen aufhört



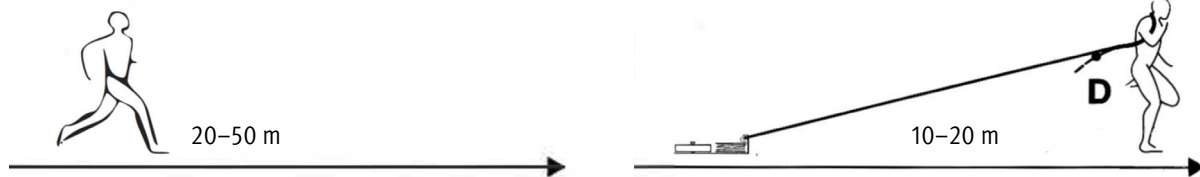
Endphase



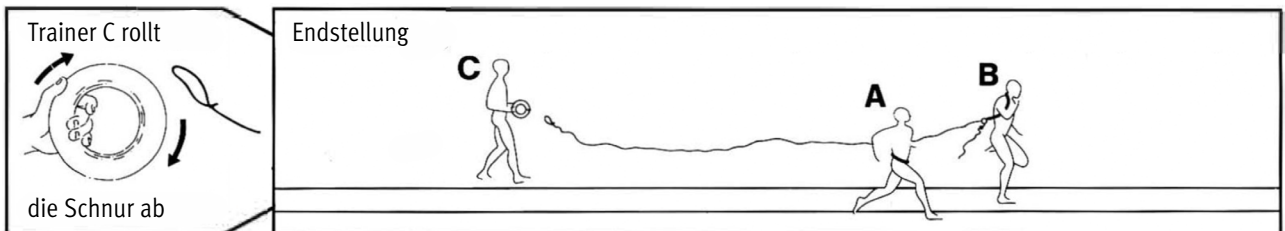
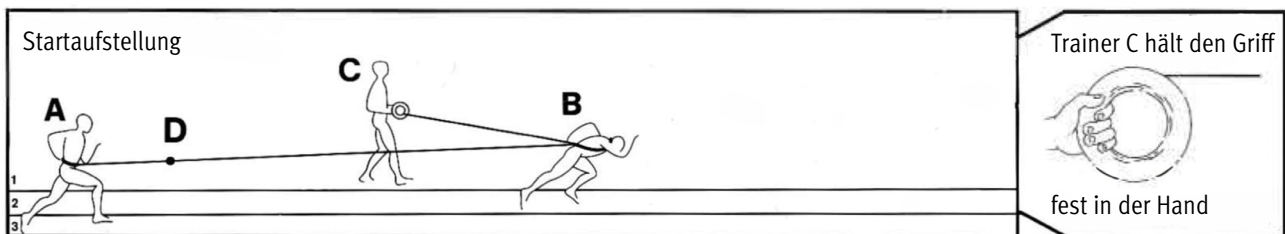
Nach dem Auskopplungsvorgang ...

A: sollte weitersprinten

B: noch 10- 20 m auslaufen



Anwendung von Speedy pro ohne Gewichtplatte



Anwendung von Speedy pro als Widerstand



Sport-Thieme Speedy-Pro 'Sport-Thieme Edition' Speed Trainer

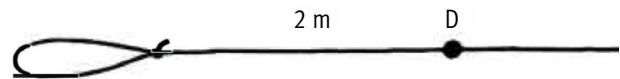
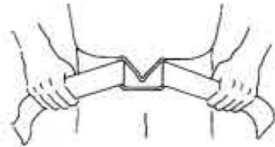
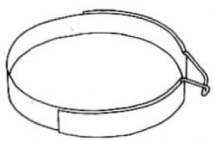
Thank you for choosing a Sport-Thieme product!

Please read the following notes carefully before use so you can enjoy this product safely and keep these instructions for future reference. If you have any questions, our team is here for you.

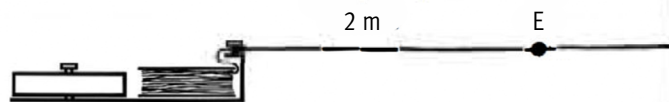


Getting started

Athlete A puts the waist belt on, then takes the end of the rope and stands behind the start point. The hook must point downwards, and the stopper (D) should be placed 2 m ahead of the end of the Speedy-Pro rope.

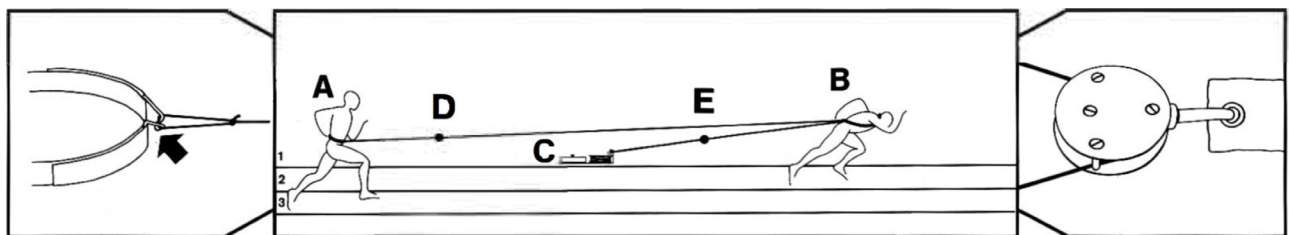


Athlete B puts the shoulder strap on, then uncoils the rope and attaches it to the weight plate. The distance between E and the weight plate (C) must be at least 2 m.



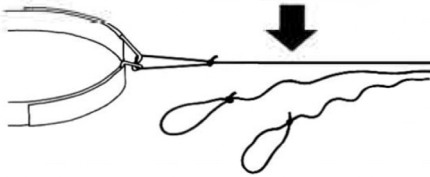
Correct positioning

The rope is attached to the waist belt worn by athlete A. A is in lane 3, B in lane 2, and weight plate C in lane 1. Athlete B's shoulder strap features a pulley.

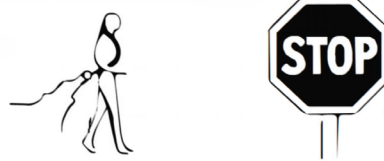


Detaching the rope

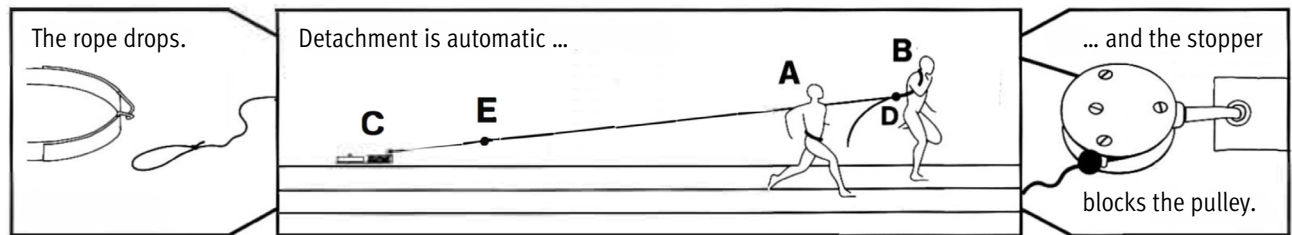
Athlete A removes the rope from the belt



Athlete B stops running.



Final phase

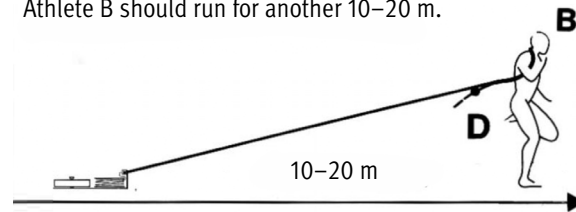


Completing the workout

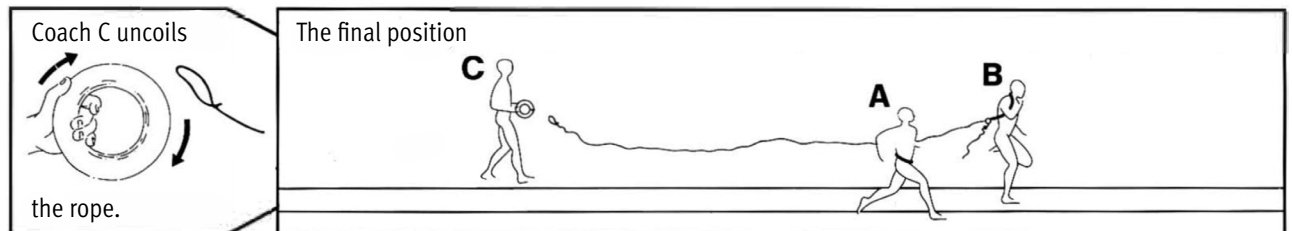
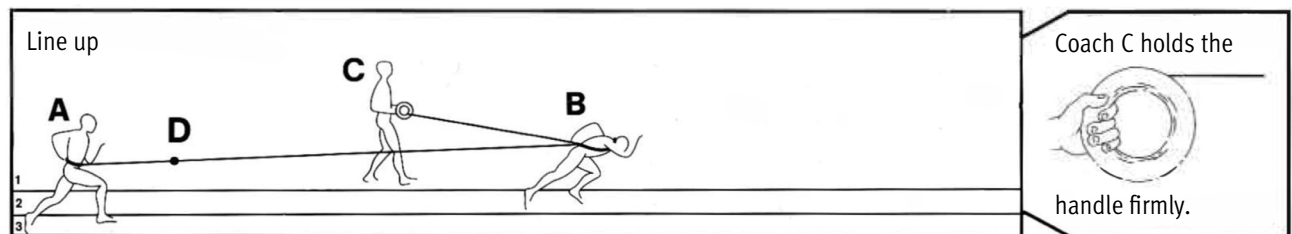
Athlete A should continue running for 20–50 m.



Athlete B should run for another 10–20 m.



Using Speedy-Pro without a weight plate



Using Speedy-Pro as a weight sledge

