## TEXSTRETCH

**Becoming You...** 



www.texstretch-sports.com

# JUMPING TRAINER

Texstretch Jumping Trainer allows an athlete to maximize both explosive leg power and arm swing velocity to enhance the vertical lift component which leads to superior vertical jump performance gains. Easily add resistance to your jumping drills to build stronger & more powerful muscles that will help you jump higher without changing your program. Texstretch Jumping Trainer takes up minimal space & can easily be thrown in a bag and taken anywhere to do workouts - at home or in the gym. Add this great product to your resistance training exercises to bust through plateaus & get even bigger gains in your vertical jump training.

Texstretch Jumping Trainer's ability to maximize vertical leap performance, which is a measure of explosive leg power, will transfer to significant gains in other critical sports performance parameters such as first step quickness and overall speed.

Stretching components of the Texstretch Jumping Trainer is made of natural latex to offer the quality and





### **FEATURES**

- Develops the lower body in particular.
- Assists training in multilateral development.
- Leg Press to develops Quadricep muscles.
- Reverse Leg Press focuses Knee extension.
- Leg Curl enhances Hamstring muscles.
- Designed to develop Hip, Calf and Knee.
- Ideal for specialized skills to maintain high performance.
- Portable travel companion.

#### **INSTRUCTIONS**

- Use the product as prescribed by your coach/physiotherapist for the prescribed sets and repetitions.
- Relax before you commence exercises. Avoid hyper-extending or over-flexing the joints when exercising.
- Always do warm-up before exercises. Take a rest between sets.

#### **WARNING**

- Before each use, check the product for damages. Avoid it being scratched by the sharp edges.
- This product contains natural latex and may cause allergic reactions for some.
- Consult your instructor or personal doctor, in case of any physical discomfort or injury.
- Store in a cool, dry place and away from moisture, heat 8 direct Sunlight. To clean, use a damped cloth with lukewarm water and wipe the product.
- Keep the product away from children.

#### **SPECIFICATIONS**

Strength Level / Colour	Size				Resistance at 100%
	Length	Thickness	ID	OD	Elongation (Kg)
Light	11"	1.1 mm	6.3 mm	8.5 mm	2.5 x 2
Medium	11"	2.0 mm	6.3 mm	10.3 mm	4.5 x 2
Heavy	11"	2.5 mm	6.3 mm	11.3 mm	5.5 x 2

<sup>\*</sup> Follow the applicable disposal mechanism available at your domain.



#### **FACTURED IN SRI LANKA:**

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