

# LONG JUMP TRAINER

Gain and produce optimal levels of acceleration to rapidly gain speed and move faster multi-directionally in long jump training with the covered progressive resistance tube. Texstretch Long Jump Trainer allows you to train with a partner to develop more power and achieve your maximum velocity to accelerate, decelerate and re-accelerate in the shortest amount of time possible in any given direction.

Texstretch Long Jump Trainer provides an ascending resistance for plyometric exercises by dynamically improving power and explosiveness. Banded jumping can greatly enhance performance by harnessing the power of gravity to make greater gains with each leap.

Stretching components of the Texstretch Athletic Trainer is made of Thermoplastic Elastomers (TPE) to offer the quality, strength and the durability.

#### FEATURES

- Assists running power development.
- Designed to increase the speed with resisted, sport specific movements.
- Enhances the acceleration.
- Supports for a full range of motion.
- Each 12 feet long covered Progressive Resistance Tubes.
- Ideal for increasing speed, power and conditioning.

### 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.
- 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 & 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 Elongation (Kg)		
	Length	Thickness	ID	OD	100%	200%	300%
Standard (TPE Tube)	10'	4.5 mm	5.0 mm	14.0 mm	9 x 2	12 x 2	17 x 2

\* Follow the applicable disposal mechanism available at your domain.



#### MANUFACTURED IN SRI LANKA:

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