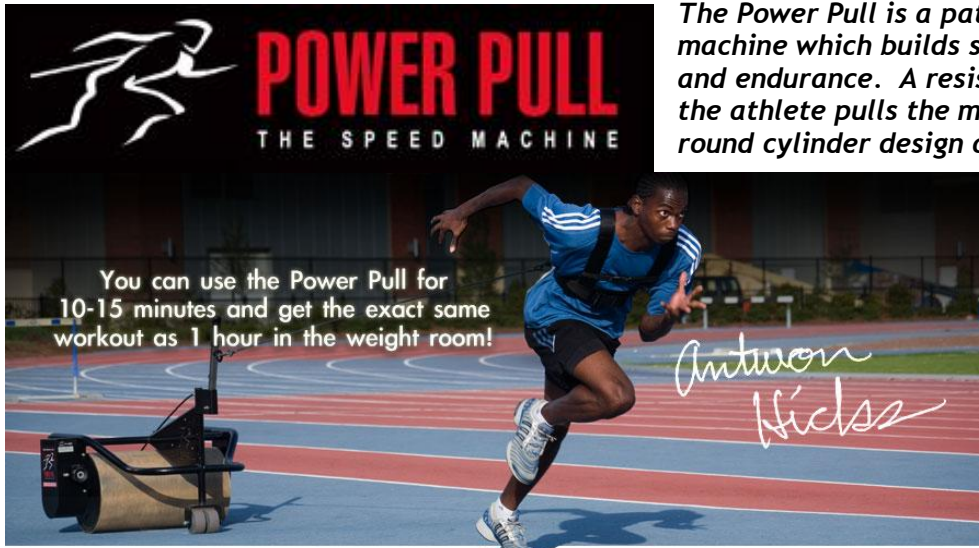




Power Pull™ Training

"The Athletic Solution to Increase Speed • Endurance • Strength • Agility"

1435 University Drive Ct. • Granger, IN 46530 • 574-850-2238 • Fax 574-259-6841 • www.thetrainingarena.com



The Power Pull is a patented resistance training machine which builds speed, explosiveness, strength, and endurance. A resistance setting is dialed in and the athlete pulls the machine while running. The round cylinder design of the machine gives a very smooth pull and has an automatic braking system for a safe stop. The weight of the machine controls the athlete in an explosive start, making the athlete come out in the correct lean and drive. The training regimen is efficient: 2-3 twenty minute workouts per week.



Trains the running muscles and builds muscle memory.

Strengthens running muscles to generate power in explosion thru constant resistance.

Develops running form to ensure speed and power.

Builds endurance thru increasing resistance settings from 8-78 lbs. resistance.

Take tenths off your 40 yard dash time!

Pre-Season Speed Program

In-Season Explosive Program

Off-Season Strength Program

Power Pull Training Rate: \$15/session

20% discount for 8 wks paid in advance (\$288 for 24 sessions)

10% discount for 4 wks paid in advance (\$162 for 12 sessions)

Call (574) 850-2238 or email raynardperkins@comcast.net to schedule.