



***The Power Behind Performance®***

**POWER HARNESS™ with Standard Waist Belt**  
**POWER HARNESS™ with XXL Waist Belt**  
**POWER HARNESS™ with Shoulder Harness**

**IMPORTANT INFORMATION**  
**PLEASE READ AND KEEP**

**DISCLAIMER**

The following guidelines should be observed when using the Power Harness™.

- Always consult your physician before participating in any physical activity.
- Always train under the supervision of a certified trainer or coach.
- Read all instructions carefully before using.
- Inspect the fabric and attachments for tears and other damage prior to each use. **DO NOT USE IF DAMAGED – REPLACE IMMEDIATELY.**
- The Power Harness™ is intended for use only as described in this document. Other uses are not recommended.
- Power Systems, Inc. assumes no liability for accidents or damage that may occur with the use of the Power Harness™.

**For more information regarding the Power Harness™  
or other training products and programs, contact:**

Power Systems Inc.  
[www.power-systems.com](http://www.power-systems.com)  
1-800-321-6975

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## **POWER HARNESS™ SERIES**

The Power Harness™ series is a two person running device for resistance training. The Power Harness™ series uses resistance training to develop the strength and explosive power necessary for acceleration and change of direction.

The Power Harness™ with Standard Waist Belt consists of a standard waist belt with a D-ring attachment that fits waist sizes 30” to 40”. Also included are a padded tubular steel handle and a 10’ nylon lead.

The Power Harness™ with XXL Waist Belt consists of an extra-large waist belt with a D-ring that fits waist sizes 40” to 48”. Also included are a padded tubular steel handle and a 10’ nylon lead.

The Power Harness™ with Shoulder Harness consists of a shoulder harness with two D-rings that fits up to a 56” chest. Also included are a padded tubular steel handle and a 10’ nylon lead.

To assemble the unit use the metal clips on each end of the nylon lead and connect one end to the handle and the other to the D-ring on the shoulder harness or waist belt. **Be sure that each clip is securely fastened.**

This guide will outline some basic drills for use with the Power Harness™ and offer some general training recommendations.

### **DRILLS:**

#### **1. Resistance Running**

- The athlete will secure the belt around the waist with the D-ring positioned behind them. The nylon strap will be securely clipped onto the D-ring.
- The coach / training partner should be holding the handle directly behind the runner. Prior to starting the drill, the coach / training partner should insure that there is a slight tension in the nylon lead. FAILURE to place tension in the lead could result in a sudden jerking of the athlete or coach / trainer and result in injury.
- On command, the athlete will run a prescribed training distance. Key points to emphasize are knee drive, strong arm action, erect posture, and feet pointing straight ahead. If the athlete cannot perform the run using proper technique, the coach / training partner should reduce the amount of resistance placed on the runner to a level where running form is not compromised.
- Runs of 20-40 yards are recommended with 1-2 minutes of rest between runs.

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## **2. Resistance Starts**

- Resistance starts are similar to resistance runs only the runner will begin from a sport specific stance (ex. 3 point stance) or out of starting blocks. The duration of the drill should be 10-20 yards. Allow 1-2 minutes of rest between starts to provide the athlete's ATP-PC system time to recover.

## **3. Lateral Shuffle**

- The athlete will secure the belt around the waist with the D-ring positioned on the side of the body, directly above the hip.
- The coach will be holding the handle directly to the side of the athlete. There should be a slight tension in the nylon lead to begin the drill.
- On command, the athlete will shuffle a predetermined distance. Emphasize keeping the hips low, posture erect and reaching out and pulling with the lead leg. The shuffle can be performed with or without the athlete crossing their feet.

## **4. Resistance Backpedal**

- The athlete will secure the belt around the waist with the D-ring positioned above the hips in the front of the body.
- The coach will be holding the handle directly in front of the athlete. There should be a slight tension in the nylon lead to begin the drill.
- On command, the athlete will backpedal a predetermined distance. Emphasize proper form keeping the hips low and torso erect. If the athlete cannot complete the drill using proper form, the coach must reduce the amount of resistance placed on the runner.
- Short runs of 15-30 yards are recommended.

## **TRAINING RECOMMENDATIONS:**

Use the Power Harness™ before doing your strength workouts if both are to be done on the same day. Perform speed training and skill drills before doing resistance training with the Power Harness™. This will allow your athletes to complete skill activities while they are fresher and have better concentration.

Perform 6-12 maximal runs with full recovery between each run.  
Keep the runs short (under 40 yards) for power development.  
Allow 48-72 hours of rest between workouts.

Consult your coach or other qualified individual when designing your training program.

## **WHAT NOT TO DO:**

### **1. Unsupervised Workouts**

- Always use the Power Harness™ with proper supervision. Qualified supervision will help identify errors in running form and drill execution and offer correction. It will also eliminate doing an excessive number of repetitions which could lead to overtraining. Overtraining will slow your progress and limit your gains.

### **2. Using Too Much Resistance**

- Too much resistance may force the athlete to use improper form to complete the drill. Using improper form will teach poor running mechanics. If the athlete cannot complete the drill using proper running form, the coach / training partner must reduce the amount of resistance placed on the runner.

### **3. Inconsistent Resistance**

- Maintain the uniform resistance throughout the training run. AVOID jerking or yanking movements, as injury to runner and coach / training partner can occur.