



***The Power Behind Performance®***

# DUAL RESISTANCE HARNESS™

IMPORTANT INFORMATION  
PLEASE READ AND KEEP

## DISCLAIMER

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

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

For more information regarding the Dual Resistance Harness™  
or other training products, contact:

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## **DUAL RESISTANCE HARNESS™**

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

The unit consists of two 3 inch wide nylon belts connected by a strong 9' nylon strap. The belts position over the hips and can fit any size waist up to 42 inches. The design of the belt allows the user to quickly change the position of the harness thereby making transitions from drill to drill more efficient, maximizing training time.

### **DRILLS:**

#### 1. Resistance Running

- In this drill, both athletes will face in the same direction with the lead runner being resisted by the trail runner.
- Both athletes will secure the belt over the hips so that the nylon strap comes straight off the back of the lead runner and is positioned directly in the front of the trail runner.
- The trail runner will be directly behind the runner. There should be a slight tension in the nylon strap to begin the drill. A slight tension reduces the risk of injury that could result from a sudden jarring or jerking of the athletes.
- On command, the lead runner will run a predetermined distance with the trail runner providing resistance with their bodyweight. The lead runner must emphasize a strong knee drive and arm action, while maintaining an erect posture and keeping the feet pointing straight ahead. If the athlete cannot perform the run using proper form, the coach / training partner should reduce the amount of resistance placed on the runner.
- At the end of the run, the two runners can quickly change positions / roles by simply rotating the belts around their hips. The former lead runner will now be in position to provide resistance to the former trail runner.
- Short runs of 20-40 yards are recommended to target optimal power development.

#### 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 training run should be 10-20 yards.

#### 3. Lateral Shuffle

- The lead runner will secure the belt over their hips so that the nylon strap extends out from the side of their body towards the trail runner.
- The trail runner will be providing resistance directly to the side of the lead runner. There should be a slight tension in the nylon strap to begin the drill.
- On command, the lead runner will shuffle a predetermined distance. The drill can be performed using a shuffle with or without crossing the feet.

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- At the end of the shuffle, the two athletes can quickly change position of the belts and reverse roles.
  - Remember to adjust the amount of resistance so that the lead runner can complete the drill using proper form.
  - Short shuffles of 10-20 yards are recommended.
4. Resistance Backpedal
- The two athletes will be facing each other throughout this drill.
  - The lead runner will secure the belt over their hips so that the nylon strap extends from his/her abdomen back to the trail runner.
  - The trail runner will be providing resistance from directly in front of the athlete. There should be a slight tension in the nylon strap to begin the drill.
  - On command, the lead runner will backpedal a predetermined distance. Emphasize proper form that keeps the hips low and promotes a reaching back with the lead leg on each step; if the athlete cannot use proper form, the trail runner must reduce the amount of resistance placed on the runner.
  - Short runs of 15-30 yards are recommended.

### **TRAINING RECOMMENDATIONS:**

Use the Dual Resistance 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 Dual Resistance 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. Pulling in Opposite Directions / Playing Tug-O-War
  - The Dual Resistance Harness™ is not designed to be used for Tug-O-War drills. Its purpose is to provide limited amounts of resistance to develop power in running movements. Simply pulling in opposite directions will merely build static strength and quickly cause the unit to wear out / fail.
2. Unsupervised Workouts
  - Always use the Dual Resistance Harness™ with proper supervision. Qualified supervision will help identify errors in running form and drill execution. It will also eliminate doing too many repetitions, which may lead to overtraining. Overtraining will slow your progress and limit your gains.

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3. 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 good running form, the coach / training partner must reduce the amount of resistance placed on the runner.

4. Inconsistent Resistance

- Maintain the same amount of resistance throughout the run. Avoid any jerking or yanking movements as they can cause injury to both the runner and resistor.

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