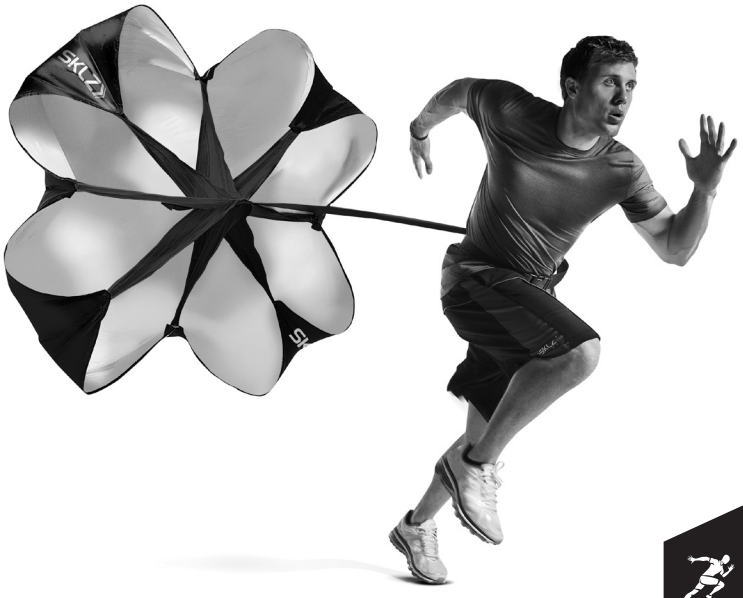
SKLZ



SPEED CHUTE
TRAINING GUIDE

SPEED

POWER

Thank you for choosing SKLZ Speed Chute. We are dedicated to providing you with the best tools and instruction possible to help you unleash your athletic potential. If there is anything else we can do to help you optimize your training, don't hesitate to send us an email (**customerservice@sklz.com**) or give us a call (**1-877-225-7275**).

BEFORE YOU BEGIN:

» Make sure you have all of the Speed Chute components. Please contact SKLZ customer service through e-mail (customerservice@sklz.com) or calling toll free at 877-225-7275 x128 if you are missing anything.

» Read all setup and usage instructions carefully.

» Warm up adequately before using the speed chute to avoid injury.

⚠WARNING: PLEASE READ

» This product is not a parachute and should not be used for any activities such as jumping, gliding or free-falling.

» Recommended for athletes over 14 years of age. Athletes under the age of 18 should use the Speed Chute under strict adult supervision.

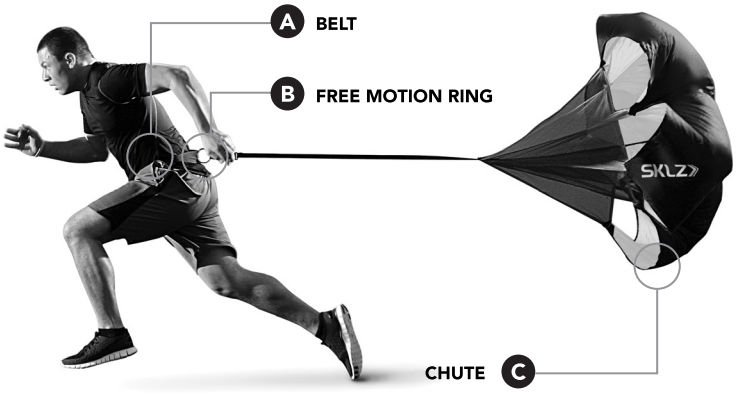
» Be sure to consult your healthcare professional before beginning this or any type of exercise program.

» Always check equipment for worn or damaged parts before use. If any defects are found, do not use product.

» The SKLZ Speed Chute is a training tool designed to help accentuate your workout. Take breaks and do not overexert yourself.

» Exercise in open area free of hazards.

» Sprinting is high intensity training. Make sure you have properly warmed up before you begin sprinting to avoid injury.



IDEA SUBMISSION
If you have an idea for a new and innovative sports training product, visit SKLZ.com to submit your concept. Some restrictions may apply.

LIMITED WARRANTY

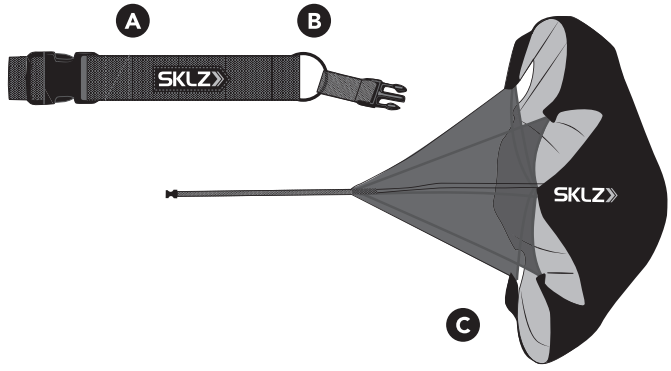
REGISTER YOUR PRODUCT AT SKLZ.COM TO ENSURE WARRANTY COVERAGE, GET NEW PRODUCT INFORMATION AND SPECIAL DEALS FROM SKLZ

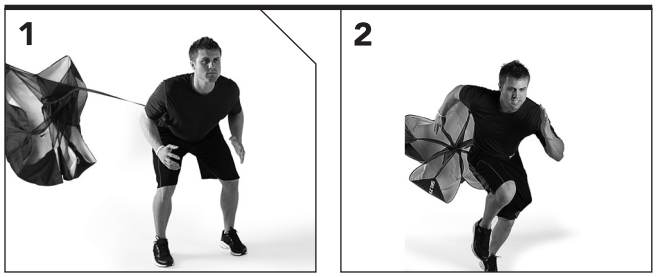
Pro Performance Sports (PPS) / SKLZ warrants to the original consumer purchaser of any PPS/SKLZ product it manufactures that the product will be free of defects in materials or workmanship for 90 days (unless specified in alternate warranties) from the date of purchase. If defective and purchased from a retail store, return the product along with receipt to the retail store where the product was purchased. If the item was purchased from PPS/SKLZ, return the product along with the packing slip (proof of purchase) postage prepaid to the address below for replacement consideration. Label: Attn: Returns

This warranty does not cover damages resulting from accident, misuse, abuse or lost merchandise. Only valid in the USA. All returns sent to PPS/SKLZ require a Return Merchandise Authorization number (RMA). For returns to PPS/SKLZ and for all other Customer Service inquiries, please email customerservice@sklz.com or call toll free, 1-877-225-7275 for a return authorization number for any exchange.

Made in China. ©2013 Pro Performance Sports, LLC. All rights reserved. Manufactured and distributed by SKLZ/Pro Performance Sports: 2081 Faraday Avenue, Carlsbad, CA 92008 U.S.A. SKLZ, SKLZ Pro Grade, SKLZ Chrome and Sport-Brella are registered trademarks of Pro Performance Sports, LLC., its subsidiaries and affiliates. Product features, appearance, and specifications may be subject to change without notice. Unauthorized duplication is a violation of applicable local and international laws.

SPEED CHUTE **PARTS:**





ACCELERATION - BASE STANCE

STEPS:

1 – Place 2 cones about 30-40 yards apart. Stand at the first cone in an athletic base position with your knees and hips slightly bent and your arms bent at your sides, with the Speed Chute attached to your waist. The Speed Chute should lie flat on the ground behind you.

2 – Without stepping backward, drive through your hips and accelerate forward toward the second cone, maintaining a forward lean and good posture.

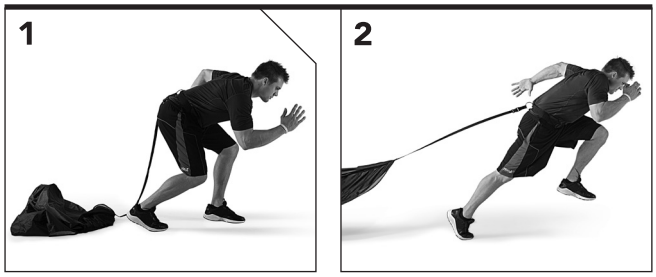
3 – Continue to accelerate forward through the second cone.

4 – Repeat the movement, initiating with your opposite foot.

5 – Continue alternating to complete the set.

TRAINING TIP:

As you push off with one leg, drive the same side arm forward and the opposite elbow back to help extend your hips and create a faster turnover.



ACCELERATION - SPLIT STANCE

STEPS:

1 – Place 2 cones about 30-40 yards apart. Stand at the first cone with your feet hip-width apart in a split stance so one foot is in front of the other, with the Speed Chute attached to your waist. The Speed Chute should lie flat on the ground behind you.

2 – Without stepping backward, accelerate forward toward the second cone by driving out of your front hip, maintaining a forward lean and good posture.

3 – Continue to accelerate forward through the second cone.

4 – Switch legs and repeat.

5 – Continue alternating to complete the set.

TRAINING TIP:

As you push off with one leg, drive the same side arm forward and the opposite elbow back to help extend your hips and create a faster turnover.



ACCELERATION - LEAN FALL START

STEPS:

1 – Set up 2 cones about 30 to 40 yards apart. At the first cone, stand tall with your feet hip-width apart and your arms at your side, with the Speed Chute attached to your waist. The Speed Chute should lie flat on the ground behind you.

2 – Maintaining a straight line between your ear, shoulder, hip, knee, and ankle, lean your body forward and accelerate through the second cone.

3 – Continue for the full set.

TRAINING TIP:

Maintain your body lean and drive your feet back and down.

ADDITIONAL EXERCISES:

Visit SKLZ.com for in-depth training and product videos.

MYEDGE
POWERED BY ATHLETES' PERFORMANCE™

Create your own customized training programs with exclusive online tools.

Training Videos & Articles: **SKLZ.com**
facebook.com/**SKLZfans**
twitter.com/**SKLZ**