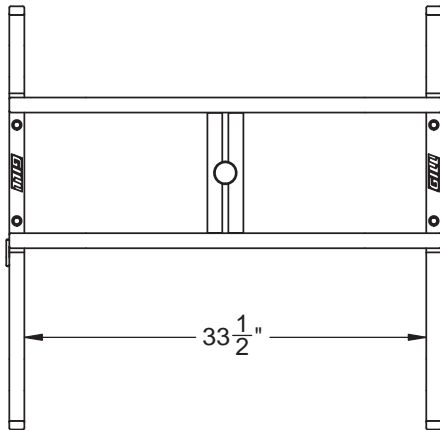




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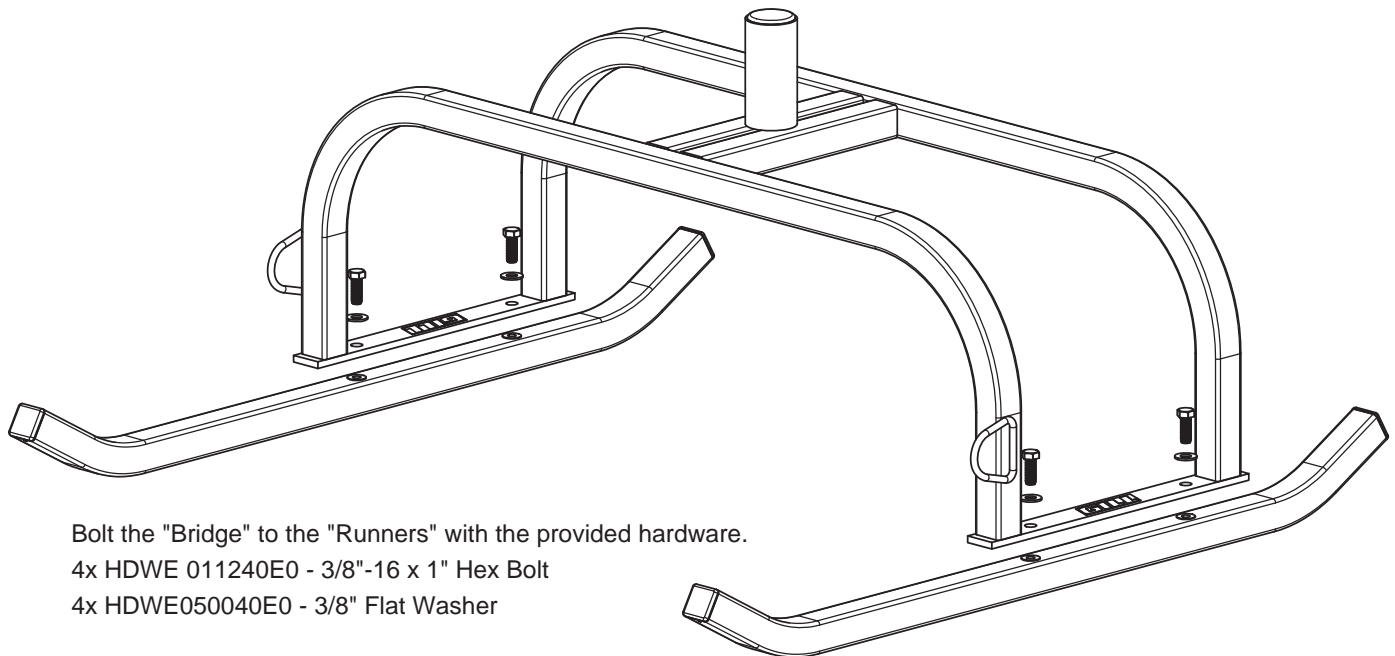
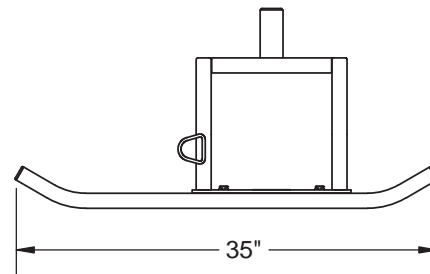
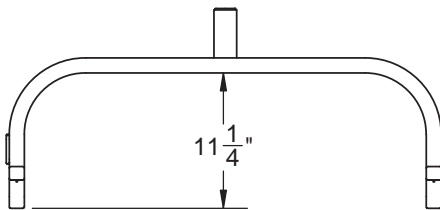
## TA1541 - SPRINT START SLED ASSEMBLY INSTRUCTIONS



The Sprint Start Sled is the first training device to allow the resistance of towing a sled while coming out of the blocks.

The unique design provides for clearance over and around virtually all starting blocks. Developed by Colorado State University sprint coach Tim Cawley. Olympic style weight plates may be added to increase resistance.

Includes sled, 11' leads, and 3" wide hook & loop closure belt adjustable up to 42" waist.



Bolt the "Bridge" to the "Runners" with the provided hardware.

4x HDWE 011240E0 - 3/8"-16 x 1" Hex Bolt

4x HDWE050040E0 - 3/8" Flat Washer