Champion Sports
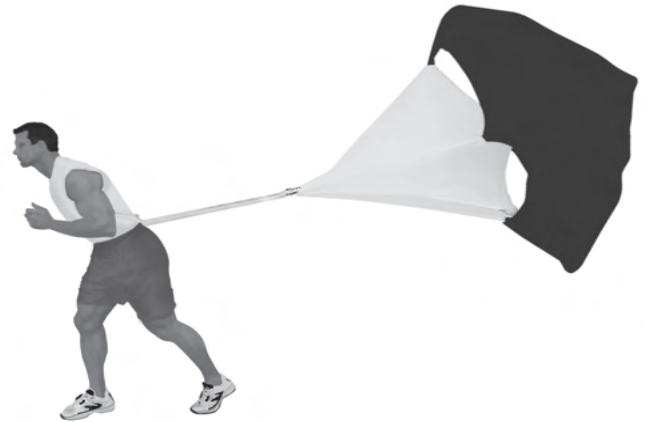
Features:
- Improves your sprint speed, explosiveness, acceleration and lower body strength
- Adjustable waistband fits 20" to 42" waist
- Storage pockets
- Quick release strap provides easy release
- Rip-stop nylon fabric
- 4 shroud lines to minimize tangles
- Weight limit: Over 210 lbs
- Resistance: 50 lbs
- Size: 68" x 68"
- White/Black

Instructions:
You will run faster and accelerate quicker by following the instructions in this workout.

1. Wrap the belt around your waist making sure that the hook and loop are in full contact with each other. Adjust your waist size as necessary using the **waist adjustment slider**.

2. Take off the belt, and attach the 4 parachute lines to the **snap swivel hook**.

3. Put the belt back on again, with the **quick release handle** positioned at your left hip. Now you are ready to run! Just lay the chute down on the ground behind you and start running. The chute will pop open in about 1 O yards.

Quick Release Handle

Snap Swivel Hook

Waist Size can be adjusted by making the "bow" larger or smaller using the Adjustment Slider.

Waist Size Adjustment Slider