

“YOU CAN'T BEAT SPEED”

XLR8

“ALL YOU NEED FOR ATHLETICS TRAINING”

You must have Speed! - for all Sports!



Super Slalom Pole
with rubber base
or Indoor
(flat base)



Strength Bags
Build upper body strength and
develop explosive speed.
available in 5kg
10kg
15kg



Power Jumper



Reactive Balls

6 Colour Spots

Micro & Mini Hurdles
available in
4" 6" 12" 20"



Quick Release Belt



Overspeed Trainer 3m



Pro Acceleration Ladder



Evasion Belt

3m
6m



Speed Resistor Harness

Adjustable ladder to measure Stride Correction

Pro Acceleration

Flat - 4m
Flat - 8m

Round - 4m
Round - 8m

Multi-Colour - 8m
Multi-Colour - 16m

Various Ladders



Speed Sled

The Speed Sled and the Quick Release Belt
are used together = EXPLOSIVE SPEED

Equipment & Training offers the best SPEED training for your sport