



The New Revolution in Bodyweight Training
www.fitnessconcept.com.sg

Resistance Training



Power Break-away Harness

Similar to the Resistance trainer but has the coach activated quick release feature. Great for power running and then explosive, quick starts.



Resistance Trainer

Achieve the same results as a standard sled would provide in a less-expensive manner since resistance is provided by a trainer, coach, or another player. Includes 1 H-Harness, drag strap, and handle.



Sled Dawg

The Sled Dawg allows the athlete to run with additional, consistent resistance without interfering with running form. The steel sled carries 200+lbs. The athlete is connected to the sled with a 10' strap connected to either a Shoulder Harness or a Universal Belt. Athlete activated quick release feature also available allows the athlete to detach from the sled and strap at any time.

www.fitnessconcept.com.sg

VivoVista LLP Registration No. LL0600738J

Mobile: (65) 9107 0793 Fax: (65) 6234 1595 Email: sharon.chen@fitnessconcept.com.sg

10 Anson Road #05-17 International Plaza Singapore 079903



The New Revolution in Bodyweight Training
www.fitnessconcept.com.sg



Tandem Tow

Athletes take turns providing resistance for each other. The lead athlete runs against the resistance provided by the trailing runner. Athletes simply turn around and switch roles. This is an economical and efficient way to help build powerful legs and train two athletes simultaneously. 10' long strap with 3' loops at each end.



Variable Resistance Trainer

The Variable Resistance Trainer provides flexible resistance. The 10' elastic resistance band stretches to 30'. This training device minimizes the jarring effect with progressive and consistent resistance.

www.fitnessconcept.com.sg

VivoVista LLP Registration No. LL0600738J

Mobile: (65) 9107 0793 Fax: (65) 6234 1595 Email: sharon.chen@fitnessconcept.com.sg

10 Anson Road #05-17 International Plaza Singapore 079903