RUN ROCKET RR100

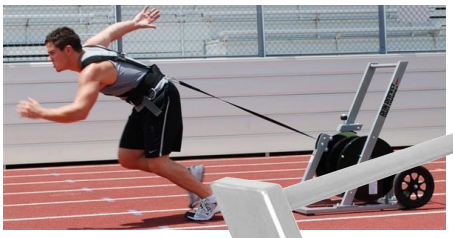
The Best Resisted Running Equipment for Agility Training & Boosting Speed.

The Run Rocket is a portable resisted sprinting system which uses fly wheels to create the resistance for the athletes. With the ability to gear through 30 levels of resistance, the run rocket can be tailored to any athletes training requirements to get the best improvements in speed, power and agility. In addition to this, the run rocket can be used to resist during plyometric jumping and/or broad jumping.

The addition of wheels to the run rocket make it a portable system allowing the system to be used during both indoor and outdoor training session. The system includes a disc loading bar to add mass to the frame ensuring stability and minimal movement during training with athletes of larger proportion.

The resistance of the run rocket can be toggled using an adjustment knob, this resistance is represented numerically on the display for ease of repeatability.

With a harness of multiple attachment points, the run rocket allows for various pulling points accommodating for various movement patterns of each sport. The tether has a length of 36.5 meters with an automatic retraction system for ease of function. An athlete can be tethered to more than one Run Rocket to provide lateral resistance or can be used for rotary concentric movements and a large range of other movements.



Do you want to improve your team's acceleration and speed using completely natural movements?
The Run Rocket is the only training equipment that mimics the natural resistance an athlete feels when free running, just amplified.
The resistance is linear and completely smooth, with no dangerous pullback.
This makes the Run Rocket the ideal tool for training an athlete to boost speed.
When you want speed, there is no substitute.

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RUN ROCKET RR100

•	Standard
–	Not available
/	No info

Infinitely Adjustable Resistance
Just turn the knob to dial in your desired workout intensity, from light acceleration training to heavy push/pull.

Digital Resistance Display
The digital readout with levels from 1-30 keep workouts consistent from day to day and from athlete to athlete.

Dual Pull Points
This design includes a lower roller and a higher quick attachment point for agility belts and taller athletes.

41 meter Nylon Strap
Allows a full 36.5 meter dash & slowdown

Weight Horn
Transports easily with large, no-flat wheels.

Convenient Portability
Transports easily with large, no-flat wheels.

Rubber, non-marring feet
The Run Rocket can be used safely on any surface. This also keeps it from moving on high resistance pulls.

CONSOLE / WORKOUTS
30 levels of resistance
Flywheel of 20 kg
Automatic retraction, no dangerous pullback
Can be tailored to any athletes training requirements
Solid tires for easy transportation
Durable power coat finish
Weather resistant components for outdoor use
Disc loading bar to add mass to the frame

DIMENSIONS	
Length (cm)	94
Width (cm)	71
Height (cm)	101.5
Net weight	74.8 kg
Gross weight	/

WARRANTY	
Frame /Parts	2 years

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