



# SPEEDSAC™ TRAINING GUIDE



Thank you for choosing SKLZ SpeedSac. We are dedicated to providing you with the best tools and instruction possible to help you unleash your athletic potential. If there is anything else we can do to help you optimize your training, don't hesitate to send us an email ([customerservice@sklz.com](mailto:customerservice@sklz.com)) or give us a call (1-877-225-7275).

**\*\*\*IF YOU ARE MISSING ANY PARTS OR HAVE ANY PROBLEMS WITH YOUR SKLZ PRODUCT, PLEASE CONTACT US ([customerservice@sklz.com](mailto:customerservice@sklz.com)) OR GIVE US A CALL (1-877-225-7275) AND WE WILL DO OUR BEST TO MAKE IT RIGHT.\*\*\***

### BEFORE YOU BEGIN:

- » Make sure you have all of the SpeedSac components.
- » Please contact SKLZ customer service toll free at 877-225-7275 x128 if you are missing anything.
- » Recommended for athletes over 14 years old. Athletes under the age of 18 should use SpeedSac under strict adult supervision
- » Read all setup and usage instructions carefully.

### CARE INSTRUCTIONS:

- » Do not store in extremely high or low temperatures to avoid damaging or reducing the life of the SpeedSac and its contents.
- » When the SpeedSac is not in use, it is recommended to store indoors.
- » Use a mild detergent to clean the exterior of the SpeedSac.

### ⚠WARNING:

- » Read all setup and usage instructions carefully.
- » Recommended for athletes over 14 years old. Athletes under the age of 18 should use SpeedSac under strict adult supervision.
- » Be sure to consult your healthcare professional before beginning this or any type of exercise program.
- » Always check equipment for worn or damaged parts before use.
- » If any defects are found, do not use product.
- » The SKLZ SpeedSac is a training tool designed to help accentuate your workout.
- » Take breaks and do not overexert yourself.
- » Exercise in open area free of hazards

### SETS: A GENERAL GUIDELINE

Sets are a way to track progress with your training. This is a general guide. Programs will vary depending on your specific needs, goals, off-season or in-season timing, experience, etc.

### AS A GENERAL GUIDELINE TO START:

- » 2-4 sets when training for strength (moderate to heavy weight with focus on proper form and control).

### PROPER FORM

When trying movements for the first time, use a lighter weight or perform fewer sets with the goal of being able to perform all movements with proper form and technique. Do not push through or ignore aches and pains as you perform any movement.



### SETUP

1. Remove all SpeedSac components from box.
  2. Fill yellow weight bags with desired amount of filler (sand is recommended). Ensure each weight bag is sealed.
  3. Insert desired number of weight bags into SpeedSac.
- NOTE: One sand-filled bag weighs approximately 10 pounds. Begin with 10 pounds and increase resistance as needed.
4. Weight bags should be placed to span the width of the SpeedSac.
  5. Fasten internal buckle to secure weight bags in place.
  6. Fasten one end of the leash to both metal rings on the SpeedSac.
  7. Fasten the other end of the leash to the SpeedSac belt around your waist.
  8. Begin workout.

## FOLLOW EXERCISES

### 1 PILLAR MARCH LINEAR

#### STEPS

- 1 – Stand with your arms at your sides, elbows bent 90 degrees, with the SpeedSac attached to your waist behind you. Be sure there is no slack in the leash and it is pulled taut.
- 2 – March forward by lifting one knee up as you pull the arm of the same side back and drive the opposite arm forward.
- 3 – Drive your foot down to the ground and repeat the movement, lifting your opposite knee and exchanging arm positions.
- 4 – Continue marching for 10 yards to complete 1 repetition.
- 5 – Continue for the full set.

#### TRAINING TIP

Initiate the movement from your glutes and think about pushing your trailing foot through the ground as you fully extend your hips.

#### FEEL IT

Working your hips and legs.



### 2 PILLAR MARCH LATERAL

#### STEPS

- 1 – Stand tall with your arms at your sides, with the SpeedSac attached to your waist to one side. Be sure there is no slack in the leash and it is pulled taut.
- 2 – Lift the knee furthest from the bag up while you bring the opposite arm forward and the same side elbow back.
- 3 – Step to the side by driving your foot down to the ground, lifting your opposite knee, and exchanging your arms.
- 4 – Continue marching laterally for 10 yards to complete 1 repetition in that direction.
- 5 – Repeat the movement in the opposite direction and continue alternating to complete the set.

#### TRAINING TIP

Fully extend and push off with your trailing leg.

#### FEEL IT

Working your hips and legs.





### 3 ACCELERATION BASE STANCE

#### STEPS

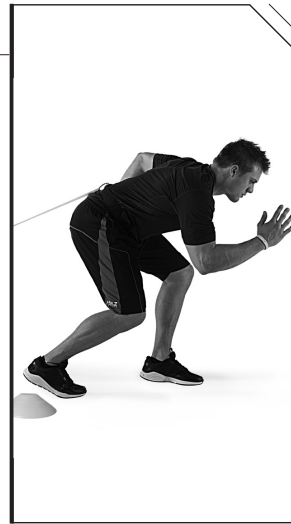
- 1 – Place two cones about 10 yards apart. Stand at the first cone in an athletic position with your knees and hips slightly bent and your arms bent at your sides, with the SpeedSac attached to your waist behind you. Be sure there is no slack in the leash and it is pulled taut.
- 2 – Without stepping backward, **drive through your hips** and accelerate forward toward the second cone, maintaining a forward lean and good posture.
- 3 – Continue to accelerate forward for 10 yards through the second cone.
- 4 – Repeat the movement, initiating with your opposite foot.
- 5 – Continue alternating to complete the set.

#### TRAINING TIP

As you push off with one leg, drive the same side arm forward and the opposite elbow back to help extend your hips and create a faster turnover.

#### FEEL IT

Working your acceleration mechanics.



### 4 ACCELERATION SPLIT STANCE

#### STEPS

- 1 – Place two cones about 10 yards apart. Stand at the first cone with your feet hip-width apart in a split stance so one foot is in front of the other, with the SpeedSac attached to your waist behind you. Be sure there is no slack in the leash and it is pulled taut.
- 2 – Without stepping backward, **accelerate forward** toward the second cone by driving out of your front hip, maintaining a forward lean and good posture.
- 3 – Continue to accelerate forward for 10 yards through the second cone.
- 4 – Switch legs and repeat.
- 5 – Continue alternating to complete the set.

#### TRAINING TIP

As you push off with one leg, drive the same side arm forward and the opposite elbow back to help extend your hips and create a faster turnover.

#### FEEL IT

Working your acceleration mechanics.



### 5 ACCELERATION LEAN FALL START

#### STEPS

- 1 – Set up two cones about 30 to 40 yards apart. At the first cone, stand tall with your feet hip-width apart and your arms at your side, with the SpeedSac attached to your waist behind you. Be sure there is no slack in the leash and it is pulled taut.
- 2 – Maintaining a straight line between your ear, shoulder, hip, knee, and ankle, lean your body forward and accelerate through the second cone.
- 3 – Continue for the full set.

#### TRAINING TIP

Maintain your body lean and drive your feet back and down.

#### FEEL IT

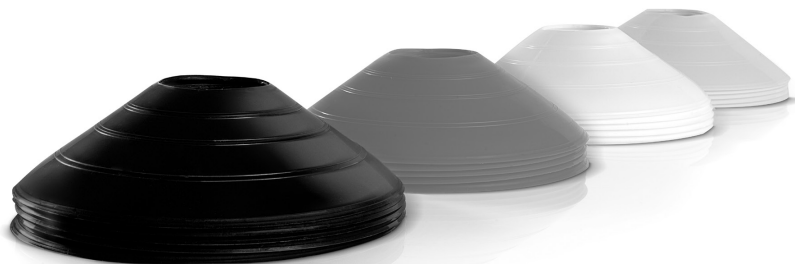
Working your acceleration mechanics.

PERFECT FOR PRACTICE WITH:

## AGILITY CONES

### EXERCISE MARKER SET

- » Improve acceleration, deceleration and change of direction
- » Build precise timing and body control
- » Ideal for agility training drills
- » Includes 20 cones - 5 each: yellow, black, white, orange
- » Carrying rack included



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#### IDEA SUBMISSION

If you have an idea for a new and innovative sports training product, visit [SKLZ.com](http://SKLZ.com) to submit your concept. Some restrictions may apply.

#### LIMITED WARRANTY

REGISTER YOUR PRODUCT AT [SKLZ.COM](http://SKLZ.COM) TO ENSURE WARRANTY COVERAGE, GET NEW PRODUCT INFORMATION AND SPECIAL DEALS FROM SKLZ

Pro Performance Sports (PPS) / SKLZ warrants to the original consumer purchaser of any PPS/SKLZ product it manufactures that the product will be free of defects in materials or workmanship for 90 days (unless specified in alternate warranties) from the date of purchase. If defective and purchased from a retail store, return the product along with receipt to the retail store where the product was purchased. If the item was purchased from PPS/SKLZ, return the product along with the packing slip (proof of purchase) postage prepaid to the address below for replacement consideration. Label: Attn: Returns

This warranty does not cover damages resulting from accident, misuse, abuse or lost merchandise. Only valid in the USA. All returns sent to PPS/SKLZ require a Return Merchandise Authorization number (RMA). For returns to PPS/SKLZ and for all other Customer Service inquiries, please email [customerservice@sklz.com](mailto:customerservice@sklz.com) or call toll free, 1-877-225-7275 for a return authorization number for any exchange.

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#### ADDITIONAL EXERCISES:

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