



Leg Speed Weights Training Guidelines

***** It's IMPORTANT for the Speed Weights to have direct contact to the skin.**

Slip on both Leg Speed Sleeves, making sure that the middle gap between the pockets is over your tibia (shinbone).

1 - WARM UP

DO NOT add any weights during any part of your WARM-UP

After you are warmed up...

2 - START YOUR WORKOUT WITH A 'FUNCTIONAL STRENGTH TRAINING' SESSION - MEANING...

Sport athletes perform your normal on the field or court movements and drills specific to your sport.

Fitness athletes, perform the workout of your choice (example; Boot Camp, HIIT session, Aerobics).

Start by adding your appropriate weight. Add the 1/2lb weights one at a time, **loading the upper pockets first**. The weight should be the same on both legs.

IMPORTANT: FUNCTIONAL STRENGTH TRAINING IS PERFORMING MOVEMENT SPECIFIC TO YOUR SPORT OR EXERCISE PROGRAM, AND SHOULD ALWAYS BE DONE WITH A LIGHTER AMOUNT OF WEIGHT.

***This is not about loading up your Leg Speed Weights with as much weight as possible thinking it's better for you. This couldn't be farther from the truth! Doing this may injure you - stick to the guidelines, doing this will increase your strength and fitness in a safe effective way.

After you have added weight, try a few movements, letting your muscles feel and adapt to the weight. How does it feel? Is it too heavy? If so, lower the amount of weight. The weight should only provide a slightly challenging resistance, in turn making you concentrate and work harder within your movement and technique. **Once you've found your appropriate weight, start your workout session.**

VERY IMPORTANT: It may take you some time to get used to training with your Leg Speed Weights. It may feel strange at first; you will feel the muscles in your shin and calf area work much harder than usual, and become aware of muscles you've never felt before. During your workouts you may need to adjust the Leg Sleeves to accommodate for increased blood flow to the muscles. Over time, this feeling will diminish, as your legs get stronger as a complete unit.

3 - AFTER YOU ARE DONE WITH YOUR FUNCTIONAL STRENGTH TRAINING SESSION, MOVE INTO AN 'EXERCISE SPECIFIC' SECTION - MEANING...

More isolated exercises, like eccentric and core exercises.

WE SUGGEST THAT YOU INCREASE THE AMOUNT OF WEIGHT WITHIN YOUR LEG SPEED WEIGHTS FOR THIS SECTION. HIGH REPITITIONS IS THE NAME OF THE GAME HERE.

Again, the added weight should be challenging but should NOT interfere with proper form or movement of the exercise - Proper form is vital.

Choose three different (3) exercises from these categories; Eccentric, Core, and Plyometric. Then with each 'NEW' workout session, do the same; choose (3) different exercises from those 3 categories.

Perform all exercises on both legs! This creates and maintains balance within the muscles and ensures the maximum results from the Leg Speed Weights.

You are responsible for adjusting repetitions and set amounts based on individual ability. Be aware of fatigue, breakdowns in technique, and reduced height or distances in exercises. This is when the exercise session should end. **Listen to your body; YOU have to be the guide as when to increase or decrease the amount of weight and repetitions.**

4 - ALWAYS FINISH WITH STRETCHING

Make sure to complete a static stretching session after your workout. Stretching is vital to the health and longevity of all athletes, and should be an integral part of any conditioning program.

Slowly ease in and out of the stretches - do not bounce. Breathe out as you stretch; **try to push further into the stretch as you exhale.** Hold each stretch for 20-25 seconds. Initial tightness should gradually diminish as you hold the stretch. If you feel any excessive pain, release the stretch immediately.