



## GLIDECYCLE™ & GLIDETRACK™ SPORTS PERFORMANCE ENHANCEMENT & CROSS TRAINING

### Stride Lengthening and Enhancement

- Extended range of motion through hips and legs during the gliding phase of each stride

### Maximal Speed Training

- Unweighted running allows users achieve and sustain significantly higher speeds than regular running
- No risky impact from downhill or band assisted speed training necessary
- Unique pelvic suspension is more comfortable and less constricting than harness systems which improves the effectiveness of sustained, high speed training

### Low Impact Power Training

- Hill training: The GlideCycle™ targets the most powerful running muscle groups
- Brake resistance: Can be added to develop power on level surfaces and simulate explosive starts
- High knee running
- Reciprocal bounding (as in long jump approach)
- Double leg bounding
- Single leg training

### Competitive Edge

- May be used to allow extra high intensity, high mileage and aerobic training days without soreness or risk of injury
- Extra power and strength development, especially in the core and posterior muscles, from GlideCycle™ and GlideTrak™ training may carry over into an extra “kick” needed on hills and sustained bursts of speed.
- Provides efficient, high intensity workouts including interval training

### Conditioning for Large Athletes

- Ideal for football linemen and other heavy or aging athletes
- May be great tool for off-season weight loss or management and for building an endurance base prior to start of season
- More comfortable on joints, promotes enhanced running motion and may prevent injuries or joint stress, especially in larger, predisposed athletes

### Ideal Cross Trainer

- The best form of cross training for all running sports
- Allows aerobic conditioning and recovery workouts without the usual soreness, fatigue and eccentric tissue breakdown from standard training.
- Removes repetitive and potentially damaging pounding forces on joints
- Simulates the natural running motion more closely than any other mode of exercise
- Simulates a natural running environment, both indoor and outdoor
- Functional carry over to running and other sports activities is much greater than conditioning on a stationary bicycle, elliptical trainer or in a pool
- Ideal cross trainer for bicyclists as it strengthens and elongates muscle groups neglected by the small, repetitive pedaling motion and provides a more complete body workout
- Opportunity for more efficient workouts, especially higher aerobic zone workouts, than bicycling on the road