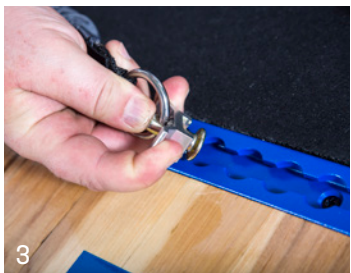
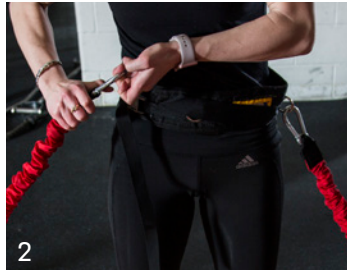


# SPEED-X™ LOWER BODY SYSTEM

**PERFORMX**  
TRAINING SYSTEMS



## SPEED-X LOWER BODY SYSTEM SET-UP

- 1) Position the Speed-X 360 belt around the waist with the Perform-X® label facing up. Secure the Velcro. Insert tether by pinching the cam/buckle and inserting the tether behind. Tighten belt snug around the hips.
- 2) Secure the cords to the Speed-X 360 belt via the carabiner and lateral FIXED O-rings (forward/backpedal movement) or to the mid-section/low back FIXED O-rings (lateral movement). The double rings on the total belt 360 tether can be used for pivot/rotational movement during agility and movement drills.
- 3) Use the Trak-X™ system, X-Plode Wall Anchor, and Speed-X Handle as anchor points.

## SPEED-X LOWER BODY SYSTEM EXERCISES

Perform cord-loaded linear, lateral and multi-directional applications for speed, agility and plyometrics including sprint-outs, backpedal drills, lateral shuffles/agility, lunge/squat movements and jump training exercises. For best results contrast train with cord loaded and non-cord loaded exercises.



# SPEED-X LOWER BODY SYSTEM RESISTANCE GUIDE

| 5' X-Plode™ Cords    |                                       |  |  |
|----------------------|---------------------------------------|--|--|
| Resistance Color     | 2x stretch<br>Single Cord/Double Cord | *3x Stretch<br>Single Cord/Double Cord | Max Stretch<br>Single Cord/Double Cord |
| Orange (Super Light) | 2.5 lbs / 5 lbs                       | 3.5 lbs / 7 lbs                        | 5 lbs / 10 lbs                         |
| Green (Extra Light)  | 5 lbs / 10 lbs                        | 7.5 lbs / 15 lbs                       | 10 lbs / 20 lbs                        |
| Yellow (Light)       | 10 lbs / 20 lbs                       | 15 lbs / 30 lbs                        | 20 lbs / 40 lbs                        |
| Red (Medium)         | 15 lbs / 30 lbs                       | 20 lbs / 40 lbs                        | 30 lbs / 60 lbs                        |
| Blue (Heavy)         | 20 lbs / 40 lbs                       | 30 lbs / 60 lbs                        | 40 lbs / 80 lbs                        |
| Gray (X-Heavy)       | 25 lbs / 50 lbs                       | 40 lbs / 80 lbs                        | 50 lbs / 100 lbs                       |
| Black (Ultimate)     | 30 lbs / 60 bs                        | 45 lbs / 90 lbs                        | 60 lbs / 120 lbs                       |

| 360 Universal Belt |                  |
|--------------------|------------------|
| Size               | Waist Size Range |
| One Size Fits All  | 30" - 50"        |

## CORD GUIDELINES:

Thank you for your purchase of the Perform-X® Cord products. Our specialized and unique cord devices allow you to maximize your personal workout and fitness goals.

## USAGE GUIDELINES:

- Check cords for tears or punctures before all exercises. DO NOT use if cord has been damaged.
- Check carabiners and trak-x clips for any damage or anything that will not ensure a secure attachment. DO NOT use if carabiners or trak-x clips are damaged.
- Make sure carabiners and trak-x clips are securely attached prior to use.
- Make sure cords are being used as intended. Cords are made to be used at 2-3x their resting length.
- DO NOT stretch cords longer than 2-3x resting length. Increase to a heavier cord resistance or add extra cords to the exercise.
- CAUTION: Anchors and attachment sites can become loose during exercise; make sure to recheck all attachments between sets.

The Trak-X pieces and Cord products are warranted for one year to be without defect in material or workmanship. If there is a covered defect, Perform-X will: (i) at Perform-X's election, replace the defective cords or Trak-X pieces only, not remove or uninstall; (ii) pay the cost of transporting defective Cords or Trak-X pieces to it and returning replacement Cords or Trak-X pieces to Buyer; Buyer must notify Perform-X of any defect in replacement Cords or Trak-X pieces within a period of ninety (90) days after the Cords or Trak-X are received or they will be deemed to be without defect. Warranty must be returned to Perform-X Sports Training within fourteen (14) days of purchase of the Cords or Trak-X. Failure to meet this condition will cause the warranty to be null and void. The limited warranties in this Section do not cover any defects or costs caused by: (i) modification, alteration, repair, or installation (ii) physical abuse to, or misuse of, the Cords or Trak-X or operation thereof; or (iii) any use of the Cords or Trak-X other than that for which they were intended. This warranty also excludes all costs arising from routine cleaning maintenance. Perform-X reserves the right to modify, alter or improve the Cords or Trak-X, or parts thereof, at any time without incurring an obligation to modify, alter, improve or replace the Cords or Trak-X, or parts thereof, previously sold.

EXCEPT AS EXPRESSLY PROVIDED IN THE SECTION ABOVE, (i) PERFORM-X MAKES NO PROMISE OR WARRANTY, EXPRESS OR IMPLIED, WITH RESPECT TO CORDS & TRAK-X, (ii) PERFORM-X WILL HAVE NO OTHER OBLIGATION OR LIABILITY TO BUYER WITH RESPECT TO ANY DEFECT IN CORDS OR TRAK-X OR ANY NON-CONFORMITY TO THE SPECIFICATIONS OR ANY DAMAGE TO OR CONDITION OF CORDS OR TRAK-X OR THE USE OF THE CORDS OR TRAK-X AND (iii) BUYER WILL HAVE NO OTHER REMEDIES IN RESPECT OF SUCH DEFECT, NON-CONFORMITY, DAMAGE, CONDITION OR USE. WITHOUT LIMITING THE FOREGOING, AND REGARDLESS OF THE CIRCUMSTANCES AND EVEN IF A REMEDY FAILS, PERFORM-X WILL HAVE NO LIABILITY TO BUYER FOR LOSS OF REVENUE OR PROFITS, OR FOR INCIDENTAL, CONSEQUENTIAL OR PUNITIVE DAMAGES OF ANY KIND OR NATURE. THE SPECIFIC WRITTEN WARRANTIES SET OUT IN THIS AGREEMENT FROM PERFORM-X ARE IN LIEU OF ANY OTHER WARRANTY WHATSOEVER. THERE ARE NO WARRANTIES WHICH EXTEND BEYOND THE DESCRIPTION ON THE FACE HEREOF. ANY EXPRESS WARRANTY NOT PROVIDED HEREIN, AND ANY REMEDY WHICH BUT FOR THE WARRANTY CONTAINED HEREIN MIGHT ARISE BY IMPLICATION OR OPERATION OF LAW, IS HEREBY EXCLUDED AND DISCLAIMED INCLUDING THE IMPLIED WARRANTIES OF MERCHANTABILITY AND OF FITNESS FOR A PARTICULAR PURPOSE OR USE. PERFORM-X HAS NO LIABILITY ASSOCIATED WITH THE USE OF THE CORDS OR TRAK-X. IT IS UNDERSTOOD AND AGREED THAT PERFORM-X'S LIABILITY AND BUYER'S SOLE REMEDY, WHETHER IN CONTRACT, UNDER ANY WARRANTY, IN TORT (INCLUDING NEGLIGENCE), IN STRICT LIABILITY OR OTHERWISE SHALL NOT EXCEED THE RETURN OF THE AMOUNT OF THE PURCHASE PRICE PAID BY BUYER. THIS WARRANTY GIVES BUYER SPECIFIC LEGAL RIGHTS, AND BUYER MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.