

**Develop the technique and strength
for speed with powersprintmachine**

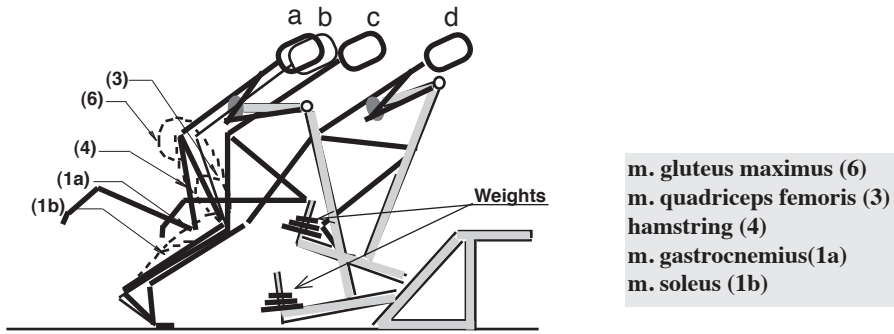


Fig. 1 Powersprint, accelerationphase in a deeper position

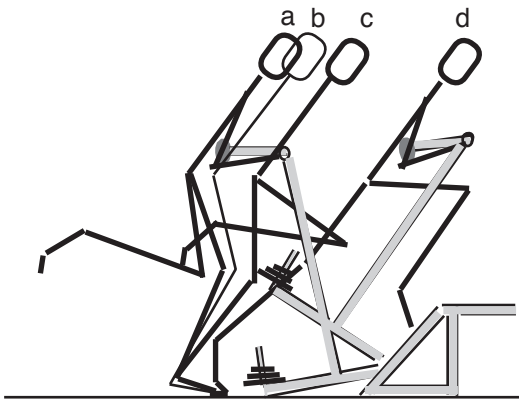


Fig. 2 Powersprint, accelerationphase in a higher position

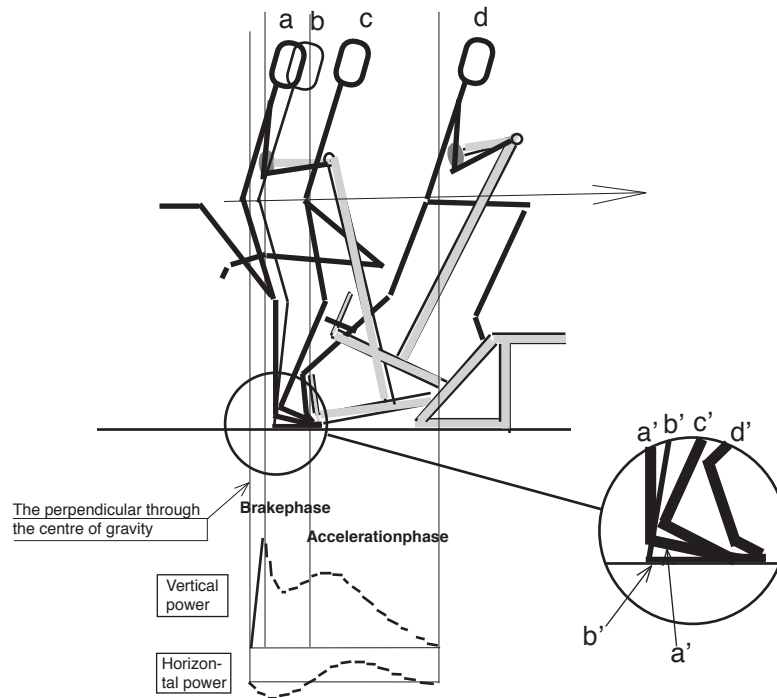


Fig. 3 Powersprint, maximal phase. The heel is, in a very short moment (a'-b'), pressed down and easy touching the track, but you must have the feeling of toe-running.