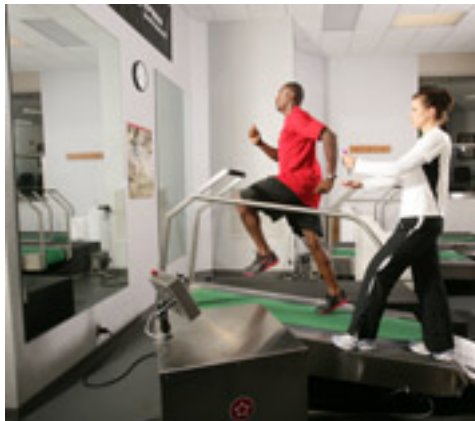




THE SCIENCE BEHIND SUPER TREADMILL TRAINING

The most common question about treadmill training is: “Why the treadmill? I don’t compete on it, the motor does the work for you and it isn’t the same as running on the ground.” The answer is simple. Athletic Republic Super Treadmills create an optimal training environment to improve an athlete’s running or skating skill, efficiency and ability to produce power – all of which translate to more speed and improved performance in sport.



The most important difference between treadmill running and running anywhere else is that the treadmill forces athletes to run a certain speed. If they get tired or change their mechanics while running over ground, it’s easy to slow down. The treadmill forces athletes to match its speed – if you don’t you’ll come off the back. Here are the four keys to getting faster through treadmill training at Athletic Republic:

1. **The Athletic Republic treadmill and proprietary performance training protocols safely take athletes a step or two beyond what they can do on the ground to teach your body to move faster than ever before.** Built with the most powerful motors and largest drums in the industry, the Athletic Republic treadmill doesn’t slow down, it makes an athlete run longer and faster, which forces the his/her brain to send stronger signals to the muscles to contract more powerfully for a longer time.
2. **The Athletic Republic Super Treadmill allows athletes to see, hear and feel what they need to do to maximize their running skill.** Over 80% of all people are visual learners, and most athletes refine their skills faster when they see what they are doing as they do it. The mirrors in front of our treadmills provide the athlete and trainer feedback at key coaching moments to correct problems and reinforce proper movements. Use of Dartfish™ video during training provides a whole new dimension to the learning process. Video clips of skilled runners side-by-side, or overlaid with an athlete’s video reveal angles that cannot be seen in the mirror.
3. **Research proves that hill running produces force in a way that is similar to what world-class sprinters generate in a race.** Incline running on the Athletic Republic Super Treadmill forces the athlete to get on his/her toes, generate better knee drive,

settle the body's pelvis in a more stable and effective position for sprinting, move the arms more powerfully and generate a more forceful push-off.

4. **The Athletic Republic Super Treadmill combined with the Athletic Republic patented SprintCords® develops the lower abdominals and hip flexors – difficult to train muscles that are critical to increasing stride length and stride frequency – making you faster than ever before.**