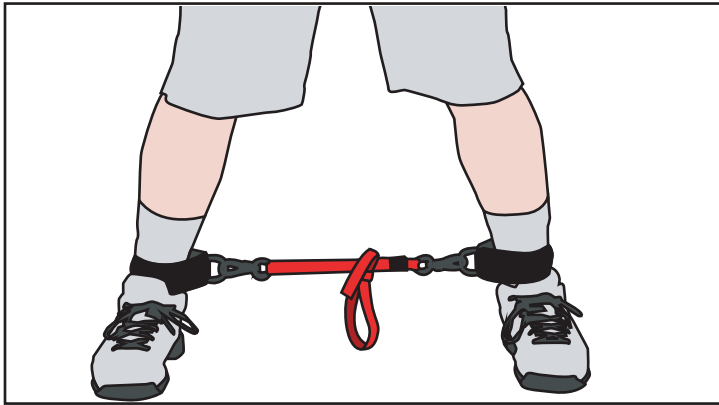


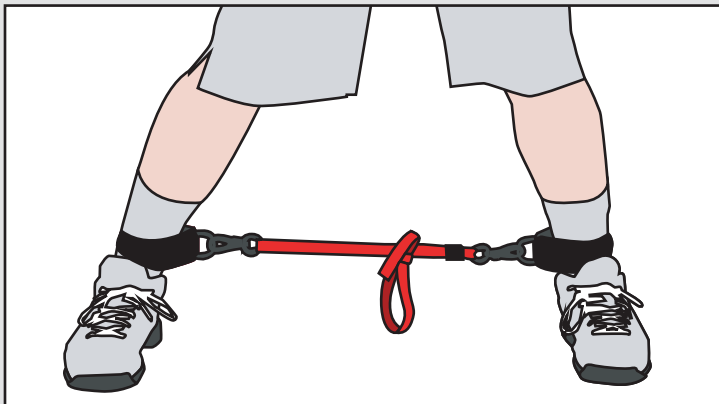


THE POWER DRIVE STRIDE STRAP INSTRUCTIONS

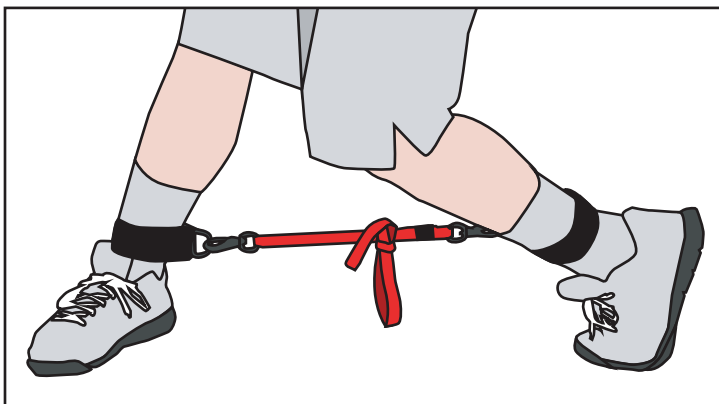


1) PUT THE STRAP AROUND EACH LEG JUST ABOVE THE ANKLE. DO NOT PUT IT TIGHT AROUND THE LEG. LEAVE ATLEAST A FINGERS WIDTH OF ROOM BETWEEN THE LEG STRAP AND YOUR LEG.

2) ADJUST BUNGEE STRIDE STRAP TO WHERE THERE IS "NO" SLACK AT YOUR NORMAL STANCE(MIN.WIDTH OF SHOULDERS) IN OTHER WORDS SET IT TO WHERE THERE IS A LITTLE TENSION ON THE BUNGEE AND NOT JUST HANGING LOOSELY.



3) NOW WHEN YOU STRIDE YOU WILL FEEL THE BUNGEE STRETCH AND IT WILL ONLY ALLOW YOUR FRONT FOOT TO GO ABOUT THE WIDTH OF YOUR FOOT.



4) WHEN YOU SWING YOU WILL NOTICED YOUR BODY STAYING CENTERED. AFTER A FEW SWINGS YOU WILL START TO FEEL YOUR FLEXERS IN YOUR UPPER LEGS AND BUTT WORKING AND GETTING STRONGER AND GIVING YOU MORE POWER OUT OF YOUR LOWER HALF.