

BULLET BELT

TRIPLE POP RELEASE



The Triple Pop Release develops three successive explosive steps. The objective of this training device is to add a slight overload (10%) to each of three steps as an athlete starts. Attach the Y-shaped releases along the velcro tail in order of release. The Y at the end of the strap should be nearest the top of the tail, the mid-Y at mid tail, and the Y closest to the release handle at the end of the tail furthest from the athletes body. Attach each Y at about a 45 degree angle. The Y's should be adjusted to release at the contact point of each step. Always use a two hand grip when holding the release strap.

BULLET BELT

TRIPLE POP RELEASE



The Triple Pop Release develops three successive explosive steps. The objective of this training device is to add a slight overload (10%) to each of three steps as an athlete starts. Attach the Y-shaped releases along the velcro tail in order of release. The Y at the end of the strap should be nearest the top of the tail, the mid-Y at mid tail, and the Y closest to the release handle at the end of the tail furthest from the athletes body. Attach each Y at about a 45 degree angle. The Y's should be adjusted to release at the contact point of each step. Always use a two hand grip when holding the release strap.