

1080 motion™

1080 Sprint 2

Need to know testing and training



Safety Guidelines for Using the 1080 Sprint

To ensure a safe and effective training experience with the 1080 Sprint, keep these key safety measures in mind:

- Qualified Operators Only: Only trained individuals should set up and operate the system.
 - Proper Setup & Emergency Stops: Always double-check the system setup before use and familiarize yourself with the emergency stop function.
 - Track Etiquette: Mark off designated training areas and avoid pulling the power cord to prevent damage.
 - Velcro Release Adjustment (optional): Adjust the Velcro release properly to prevent sudden stops in case of a power outage.
 - Outdoor Safety Precautions:
 - 1.Keep the system dry and protected from rain.
 - 2.Avoid stepping on the resistance line.
 - 3.Place the system in a shaded area to prevent overheating.
- If you have any questions or need support, help is available. Stay safe and train smart!



How it works

Motorized loading

- **Resisted direction** – away from the machine
- **Assisted direction** – towards the machine
- 1-40kg load 120m+ line (RoM)
- 14m/s maximum speed limit resisted and assisted directions

Loading options

- **Constant** – Consistent feel of load during movement resisted and assisted
- **Variable** – Program load to increase or decrease based on speed of movement
- **Isokinetic** - Maximize motor resistance to test force at slow speed limit (0.1-0.5 m/s)



Testing: Basic Setup

- Load

- Program Resisted or Concentric load between 1-40 kg
- Program Assisted or Eccentric load between 1-60 kg
- Testing sessions should ALWAYS program equal resisted and assisted loads
 - Example: 3 kg resisted and 3 kg assisted (Standard resisted run testing loads)

- Mode

- NFW (No Fly Weight) mode is the default testing mode Gear
- No external Pulley is needed when testing loads 1-20 kg (Light to medium load)
- External Pulley is applied when testing loads 21-40 kg (Medium to heavy load)

- Speed Limits

- How fast the motor will ALLOW the tether to move when in use
- Max speed is 14 m/s (31 mph)
- Resisted Speed limit by default is 14 m/s to allow athlete to produce top speed under load
- Assisted Speed limit by default is 2 m/s to allow a slow line retraction after a resisted run
- Increase Assisted Speed to 14 m/s when performing assisted sprinting, change of direction & other exercises.
- Please note, max speed of 1080 Sprint 2 is 7 m/s when using an external pulley and placed in

