

Quick-reference settings for resisted running and assisted (overspeed) sprinting on the 1080 Sprint. All linear work below uses the same exercise type in the app.

Select exercise type — Linear (Cyclical, consecutive repetitions measured as a single rep)

RESISTED SPRINTING

Use **light resistance** for acceleration and max-velocity work at near-full running speed. Use **heavy resistance** for heavy sled-style acceleration work at lower speeds.

Sprint 1	Constant Load Resisted	Constant Load Assisted	Mode	Gear	Speed Resisted	Speed Assisted
Resisted Sprint Light -medium resistance	1–15 kg	Set at 3 kg	NFW	No Pulley	Max Speed (14 m/s)	3 m/s
Resisted Sprint Medium -heavy resistance	16-30 kg	Set at 3 kg	NFW	No Pulley – Sprint 2 Pulley – Sprint 1	Max Speed (14 m/s or 7 m/s with pulley)	3 m/s
Resisted Sprint Heavy resistance	31-50 kg (Sprint 2 Only)	Set at 3 kg	NFW	Second (use pulley)	7 m/s	3 m/s

Set up a resisted rep

1	Select Linear exercise type — on the tablet or machine screen.
2	Set Constant Load (resisted) — 1–15 kg for light work; 16-25 kg for medium work; 26-50 kg for heavy work.
3	Set Constant Load (assisted) equal to the resisted load — this controls line take-up between reps.
4	Set Mode to NFW and select the gear — See chart above for appropriate Gear based on load.
5	Confirm speed limits — 14 m/s resisted / 3 m/s assisted in first gear; 7 m/s resisted in second gear.

Learn more about Resisted Sprinting by watching: [Getting Started with the 1080 Sprint](#)

Medium and Heavy loads require a pulley (variances per model) and anchoring the end of the cord. Connect the pulley to the athlete's vest or belt with a carabiner. **Maximum speed in second gear is 7 m/s** — do not use pulley gear if the intended load can be moved faster than 7 m/s (~ 15 mph)

ASSISTED & OVERSPEED SPRINTING

Assisted sprinting tows the athlete *toward* the machine, allowing supramaximal running speeds for overspeed and max-velocity mechanics work. Keep assistance light and build up gradually.

	Constant Load Resisted	Constant Load Assisted	Mode	Gear	Speed Resisted	Speed Assisted
Assisted Sprint Light assistance	3–10 kg	Set equal to resisted load	NFW	No Pulley	14 m/s	14 m/s

Set up an assisted rep

- 1 **Select Linear exercise type** — same exercise type as resisted sprinting.
- 2 **Set Constant Load** — 3–10 kg of assistance; set the assisted load equal to the resisted load.
- 3 **Set Mode to NFW** — and keep the machine in first gear.
- 4 **Confirm speed limits** — 14 m/s resisted / 14 m/s assisted — the line keeps pace with the athlete at full speed.
- 5 **Position the athlete facing the machine** — sprint toward the unit as it reels the athlete in.

Learn more about Assisted and Overspeed Sprinting by watching: [How-to and Best Practice video](#).

SAFETY & COACHING NOTES

Always trial with light load prior to increasing load for testing or training purposes at full effort.

Assisted (3-10 kg): start with minimal assistance and progress conservatively — overspeed work is demanding at top velocity.

Re set the zero position after moving the unit, and set your course length before the first rep of each configuration.