

SUPER TREADMILL



Provides speed range of 0-28 mph

Incline grade up to 40° and decline grade to 10°

Hydraulic cylinders can be calibrated to reduce knee stress by 30% to 60%

Dartfish video technology and full-length mirror provide visual feedback on stride mechanics.

Unlike standard treadmills, these super treadmills don't bounce or slip, so the forces athletes experience are the same as they are on the field, on the court or on the track. By elevating the grade, runners automatically learn to maintain forceful knee drive, proper pelvic position, high foot carry-through and full extension with every stride.

Safety:

Trained staff spot running athletes from behind, with a hand placed just below the small of the athlete's back, one leg planted firmly on the ground and the other planted on the side of the treadmill. As athletes attempt to run incrementally faster, this spotting protocol enables BlueStreak's instructors to take athletes safely beyond their limits to improve over-ground speed.

HOCKEY TREADMILL



Provides speed range of 0-16 mph

Incline grade up to 32°

Made of a patented ice-like surface

Dartfish video technology and full-length mirror provide visual feedback on stride mechanics.

The hockey treadmill allows athletes to build breakaway speed, develop quicker cuts, improve power in the first three steps and gain conditioning. The incline skating treadmill recruits key muscles at a level two to three times higher than rink skating at the same stride frequency, helping athletes produce more power during each stride.

Safety:

Harnesses are designed to keep athletes safe while they push their limits during skating bouts on the hockey treadmill. Suspended on a track, the harnesses enable skaters to rotate through skating bouts. By remaining harnessed during recovery periods, athletes efficiently and safely move through the training process.

Photos: Mitchel Gray