

METROFLEX GYM PRESENTS:

A QUICK AND FUN WAY TO IMPROVE YOUR TRAINING

“Sled Pulling (aka ‘Sled Dragging’)”

**By: Bullpen Marketing LLC
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Disclaimer

Nature of Expertise

This program is for educational and informational purposes only. It is not intended as medical, professional, or legal advice. Always consult your doctor (physician) or health care provider before making any and all changes to your diet or nutrition program or beginning an exercise program, especially one which can be strenuous. Your physician's or health care provider's recommendations are always to be considered of utmost priority, and any recommendations are superior to any information produced by Metroflexgymtraining.com and/or Bullpen Marketing LLC.

The use of diet and nutrition to control metabolic disorders and disease is a very complicated science, and is not the purpose of this program. The purpose of this program is to help healthy people reach their cosmetic fitness goals by educating them in proper nutrition and exercise guidelines. Hardcore weight training is not for everyone, and you assume all liability and responsibility for injury, loss, or damage resulting from any information you apply which is described in this manual – directly stated, indirectly implied, or otherwise.

No health claims are made for this program. This nutrition and exercise program will not help cure, heal, or correct any illness, metabolic disorder, or medical condition. The author is not a medical doctor, registered dietitian, or clinical nutritionist.

Consulting Your Physician

If you have diabetes, chronic hypertension, high blood cholesterol, cardiovascular disease, or any other medical condition or metabolic disorder requiring special nutritional considerations, we suggest you consult a health care professional with a clinical nutrition background (MD, RD, or CCN) for your special nutrition program. Your nutrition plan will not be effective by itself. You must combine a good diet with an appropriate exercise program for optimal results.

If you have been sedentary and are unaccustomed to vigorous exercise, you should obtain your physician's clearance before beginning an exercise program. The American College of Sports Medicine (ACSM) recommends that even apparently healthy males over the age of 40 or females over the age of 50 to have both a physical exam and a diagnostic exercise test prior to starting a vigorous exercise program. A diagnostic exercise test and physical examination is also recommended in individuals of any age who exhibit two or more of the major coronary risk factors (smoking, family history of heart disease, elevated blood cholesterol, elevated blood pressure, and diabetes). Any individual with a known history of heart disease or other heart problems should be required to have a medical evaluation including a graded exercise test before engaging in strenuous physical activity.

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Metroflex Gym Contact And Training Information

Metroflex Gym is located at 2921 South Cooper Street in Arlington, Texas. To get more information on Metroflex Gym go to:

Website/URL: <http://www.metroflexgym.com>

Phone: (817) 465-9331

If you wish to learn more about how to train according to the Metroflex Gym way, including the use of sled dragging, please visit:

<http://www.metroflexgymtraining.com>

Credits And Where To Buy A Sled

All photos taken of the sled, sled attachments, sled dragging techniques, and people featured are the property of Total Performance Sports in Everett, MA (just outside of Boston, MA). Voted one of the Top 20 Gyms In America by Men's Health magazine, Total Performance Sports offers a variety of training programs from Strength & Conditioning, Sports Specific Training, Power/Olympic Lifting, to Strongman, Personal Training, Kickboxing and more.

Their website is: <http://www.totalperformancesports.com/>

Their phone # is: (617) 387-5998

Their address is: 305 Broadway
Everett, MA

You are welcome to contact them for purchasing a dragging sled, additional dragging sled video instruction, or other strength & conditioning equipment.

Basic Definitions:

Here is a picture of the dragging sled (aka “pulling sled”) without weight plates on it:



Here is a picture of the dragging sled (aka “pulling sled”) and its chain attachments:



And here is a close-up picture of the chain/carabineer attachment:



Here is a close-up picture of the strap attachment to a weight lifting belt:



Here is a close-up picture of the strap attached to a harness (instead of a weight lifting belt):



To do the exercises recommended you will need:

- A heavy gauge chain approximately 8 feet long and 2 carabineers to attach the chain to the sled, and the sled strap to the chain
- A sled strap
- Several weight plates, totaling 100-300 pounds (more weight for advanced lifters and athletes)
- A sturdy weight lifting belt
- A sled dragging harness (not necessary for basic exercises, but very useful)
- A flat surface on which you can pull/drag the sled
 - Preferably at least 50 feet

Introduction

Sled dragging (pulling) is a terrific way to accomplish the task of improving physical conditioning, injury rehabilitation, and cardio training! A metal dragging sled, with incremental weight increases and a few basic straps, can transform your physique and increase your capacity to tolerate hardcore training.

This metal sled has a small post allowing you to add weight plates. It can be attached to your lifting belt, various ropes, or even a small harness -- and the benefits of using the sled are phenomenal!

While sled dragging has become popular in the powerlifting, strongman, and combat sport areas, many people are completely unfamiliar with sled dragging and the benefits it offers. It is one of the most versatile pieces of sports equipment you can purchase - or even create!

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