

KATN[®] User Guide

Set up - Sprint Mode

When setting up find a location with enough space to accommodate your workout. **With a 100 foot rope you will need a minimum of 110 feet of space.** Evaluate the footing of your chosen workout area. Check to make sure there are no holes or unstable surfaces. Make sure the area is clear of debris and excess moisture that could potentially snag, damage, or catch the rope. Moisture will not damage the rope but may cause variations in resistance (sections of the rope that are wet have less friction than the sections of rope that are dry).

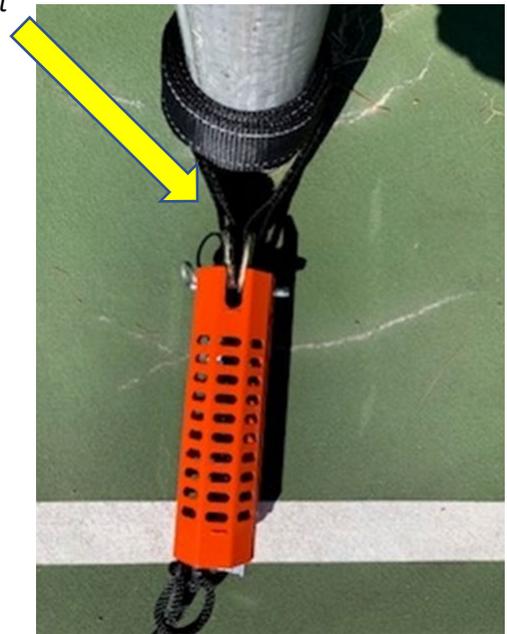
Once an appropriate location has been selected **ensure the unit is anchored firmly to an item that can sustain the force of your workout.** Check the Anchor strap for lacerations or damage before use. Make sure the shackle system is closed and connected to both D hooks on the universal anchor strap. If the Shackle System is connected to only one D ring or it is not fully closed there is a possibility that the unit could slip from the anchor point and slide free.

Exhibit A: Picture on the left shows the shackle system is not fully closed. Picture on the right shows a correctly assembled and closed system

Incorrect



Correct



To ensure the best performance make sure the Universal Anchor Strap is as short as possible. It might be necessary to wrap the strap around your anchor point more than once (see **Exhibit B**)

Exhibit B



Note: Your rope comes with a pre-tied bowline knot but learning to re-tie this knot is an important part of product knowledge. There are many videos online which will show you how, e.g., <https://www.youtube.com/watch?v=CtrtpS2f8u8>. Make sure knot is secure and ready for use.

Once the Unit is correctly anchored, unspool the rope. If knots are observed, make sure the line is cleared so that the unit can provide consistent unobstructed resistance Your new, black polyester solid braid rope is extremely resilient. Over time and continual use, it is normal for the rope to wear slightly. However, over time, if significant damage is observed it is recommended to order a new rope. Email info@katnstrength.com for custom rope orders.

We recommend that the unit be anchored close to the ground for sprinting to create a vertical and horizontal force vector. However, if there is grass or other debris that can be pulled into the machine, we recommend that the user place the orange spool under the anchored Strength Engine to give it some ground clearance. The spool also helps limit the oscillation of the unit while in use creating more uniform resistance. Though this is not essential, we also recommend placing the spool flat under the Strength Engine (see **Exhibit C**).

Exhibit C



Once the line is laid out and cleared for use, we recommend that the user mark the “working area of the rope”. Place a stick or some other similar marker at before the end of the line, allowing the user to stop comfortably and safely before the end of the line.

Resistance Calibration

After Set Up is complete the user is ready to start working out. At KATN we recommend that the user start with one revolution (see **Exhibit D**) of resistance and complete warmup exercises i.e., jog, back pedal, lateral shuffle to help determine the correct resistance. The amount of resistance the unit produces is affected by the amount of friction on the trail line: grass is slightly different than concrete.



Exhibit D: Push handle in and rotate clockwise to increase resistance. You will hear a “click” when mechanism is locked into place. We recommend starting slightly less than one revolution for sprint work.

Note: The harder the user pulls/pushes against the rope, the more resistance the user will get. Finding the correct resistance and effort combination may take some trial and error.

IMPORTANT Use Information – Rule of Three

*Definitions: **Use line** is the line connected to the working user. **Drag line** is the side of the part of the rope dragging on the ground and up through the Strength Engine.*

Once the unit is set up and resistance has been determined the user is ready to KATN. During the operation of the unit, the user must follow the **RULE OF THREE**:

First, never step on the drag line unless performing some type of Isometric exercise. As mentioned under resistance the resistance is directly related to the amount of friction on the drag line. If the user steps on the drag line the amount of friction becomes extreme and will jerk the user to a stop. (See **Exhibit E**)



Exhibit E: In the picture on the left, the athlete is stepping on the dragline, which will disallow rope movement and only appropriate for isometric exercises. In the picture on the right, the athlete is sprinting *next to* the drag line but not stepping on the line. This is correct.



Incorrect

Correct

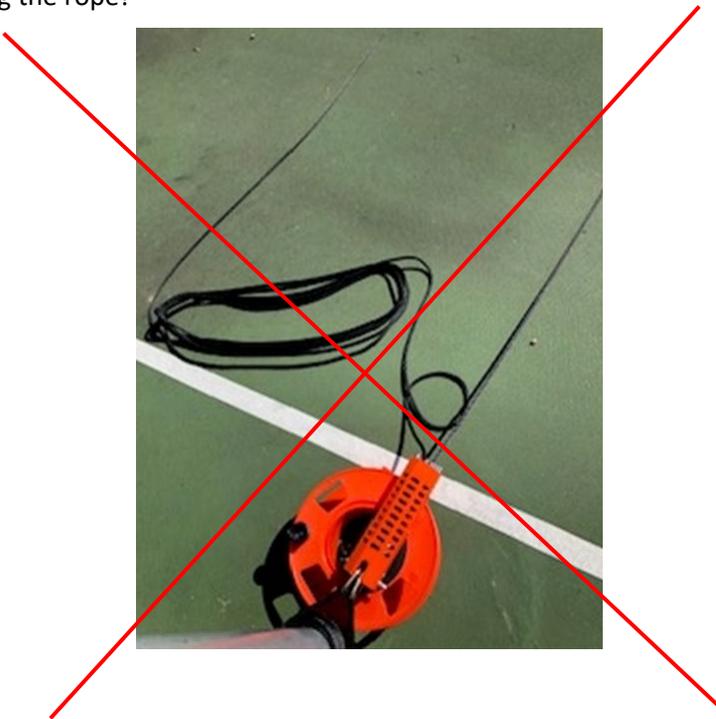
Second, do not cross the use line and the drag line. If the lines are crossed the amount of friction on the drag line increases causing the resistance on the use line to increase. The effect is not as dramatic as stepping on the line, but it can cause an unwanted increase in resistance (see Exhibit F).

Exhibit F: Keep drag line and use line clear and straight



Third, make sure the drag line is kept stretched out do not coil it near the machine on the ground. The coil can lead to inconsistent resistance as the rope struggles to unwind and increases the likelihood of knots and snags (see **Exhibit G**).

Exhibit G – Avoid coiling the rope!



Clean up

You've finished a KATN workout. Return the resistance to zero and spool the rope back through the machine. This is not necessary but the added tension on the rope can make it easier spool.

Once the rope is spooled it is now time to remove the pin to free the D rings of the anchor strap. Make sure to grab the key ring on the pin and not the pin itself. The KATN strength engine works by turning all the energy you expelled in your workout into heat. The insulating cage protects you from that heat. However, through convection the heat can occasionally work its way to the pin. **Make sure to use the key ring to help further insulate you from the heat.**



Exhibit H : Picture on the left shows incorrect grip on pin, and picture on the right shows correct use of key ring to pull out pin.



Once the rope is spooled and the pin is secured insert all items back into your KATN backpack.

Care and Maintenance

To ensure you KATN Strength Engine functions for as long as possible it is important to properly care for the unit and components. If using the KATN Strength Engine indoors or strictly on grass the life of the unit will be increased. However, the unit can be used anywhere. If using the Strength Engine in a dirty environment where a lot of particulates get into the Strength engine or on the rope (such as a parking garage or street) **it is important to wash the Strength Engine and rope periodically**. While the washing is not essential, it is recommended. As the rope gets dirty it becomes stiff, which effects how the rope moves over the internal element. This can impact the flexibility of the unit with regards to load changes. If the rope starts "screeching" at higher loads, we recommend washing the rope.

When washing the rope simply undo the **bowline knot** <https://www.youtube.com/watch?v=CtrtpS2f8u8> at one end of the line and pull the rope through. Remove the rope from the spool and place it in an

organized manner in the KATN washbag. Close and tie the washbag. *Note: the rope also be washed in a bucket of soapy water, or in a bathtub. The washbag is included in the sprint pack for your convenience and washing-machine use.*

Once the rope is washed ***DO NOT*** place the rope in the dryer. Once washed, take the rope out of the bag and let air dry for approximately 10 minutes. Then re-connect it to the Strength Engine and re-spool the rope. ***Make sure to correctly tie the bowline knot*** <https://www.youtube.com/watch?v=CtrtpS2f8u8> at.

The Strength Engine and spool can be washed by hand with water and dish soap.

Storage

Store the sprint pack and all its components in a dry, clean environment. This will increase longevity of the product.

Go forth and **KATN®**