

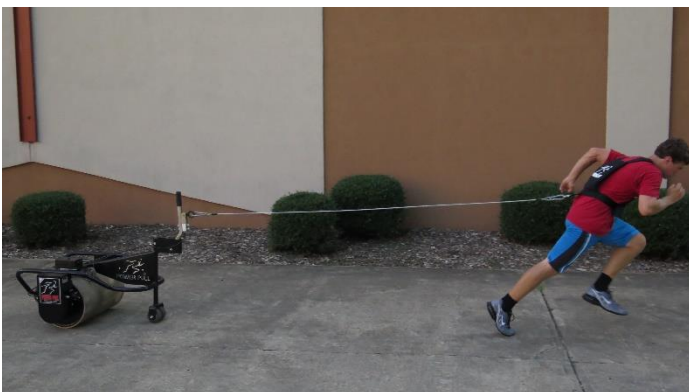
THE POWER PULL COMPETITION



Compete to win the Big Bucks!

www.powerpull.com

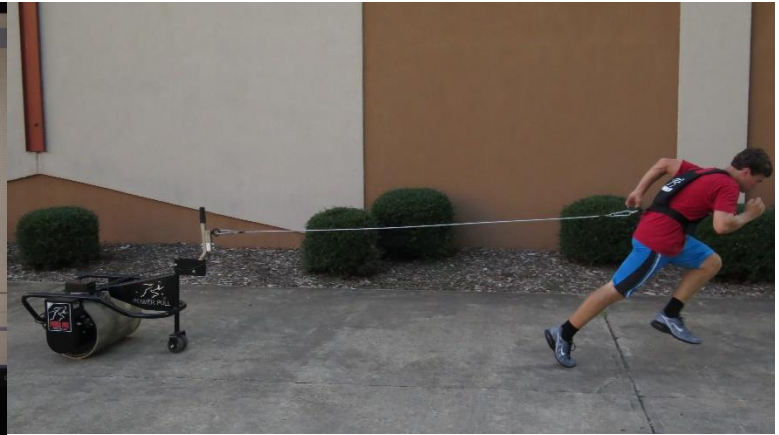
powerpullinc@bellsouth.net



Introductory of the Power Pull Competition

Hi, my name is Phil Morris, I am the inventor of the Power Pull, a machine designed to train athletes in explosive power and speed endurance. After developing the Power Pull Data Machine, we were able to collect data that would guide us in training by measuring the performance of the pull. With this technology we developed the Power Pull Competition, measuring power and conditioning. To compete in the Power Pull Competition, go to www.powerpull.com and register to compete to win the big bucks! The winnings go up to \$100,000.00 in the events, showing power and conditioning. For you athletes that are trying to build speed, I personally guarantee your speed out of this training. All information about the Power Pull Competition is on the website. Hope to see you in the competition!

Enter to Win the Big Bucks!



THE POWER PULL COMPETITION

Tell a friend!

The Power Pull Competition is for anyone who wants to compete to win the big bucks. The wins range from \$500.00 to \$100,000.00 in the competition.

The Power Pull Competition is about recovery time, power, and conditioning. Pick your event to compete. To meet the standards of the Power Pull Competition you will have to be in the best shape of your life! It is recommended that you train on the Power Pull for this competition. This conditioning is "Power Pull Conditioning."

The Power Pull Competition events will come in order as filled. Select your event to compete in.

Register in the event on the Power Pull Competition website. You will pay when invited to the competition.

There will be 100 athletes to register in each event or the competition will be pushed back until the 100 athletes have registered. Then the Power Pull Competition will be set to compete. If there is more than 100 athletes registered, the remaining athletes will go into the second round.

Athletes will be invited to the competition in the order they registered, you then pay on the website. The competition is set eight weeks out, giving the athletes seven weeks to train for the competition. We do recommend training on the Power Pull for the best chance to win.

The Power Pull Competition:

To qualify in the Power Pull Competition; The athlete must make ten pulls with a 90 seconds rest between each pull and keep all pulls within one second of each other or the athlete is cut in the event. (This is a forty yard pull.) The machine is set on zero for this competition. The POWER NUMBER will determine the winners. The POWER NUMBER of the ten pulls will be added together and divided by ten to give the overall POWER NUMBER. The highest POWER NUMBER average is first place, next is second, third, fourth, and fifth place. The POWER NUMBER will be carried to .0000. It will take 15 minutes to complete the pulls. Be in the best shape of your life for this competition, we want you to qualify for the chance to win. We recommend that you train on the Power Pull to give you the best chance of winning. Again "Power Pull Conditioning."

The Power Pull Competition will be put on using the Power Pull Data Machine, the machine will collect all the data in the pulls and give a reading on each pull. The athlete will get a printout of their pulls and score. The winning scores are listed on the website.

All scoring is logged by the Power Pull Data Machine, and the data can't be tampered with, "no adjusting."

Men and Women starting at age 18 can compete in the competition.

The Power Pull Competition will host female and male athletes in the same period, female athletes on day one and male athletes the following day.

NCAA athletes should check to see if they are eligible to participate. If a NCAA athlete can't collect the winning, we will make a donation in the athlete's name to the Shriners Hospital for Children or St. Jude Children's Research Hospital.

The Power Pull Competition Schedule

Select the event you choose to compete in.

Here are the winnings in each event.

There are 100 athletes in each event but 60 athletes in Fees 13 and 14.

Event One;

Fee: (1.) \$300, winnings ---- 1st \$4,500, 2nd \$2,500, 3rd \$1,500, 4th \$1,000, 5th \$500

Fee: (2.) \$300, (first place only) winnings ----- \$10,000

Event Two;

Fee: (1.) \$300, winnings ---- 1st \$4,500, 2nd \$2,500, 3rd \$1,500, 4th \$1,000, 5th \$500

Fee: (3.) \$500, winnings --- 1st 7,500, 2nd \$4,000, 3rd \$2,500, 4th \$1,500, 5th \$1,000

Event Three;

Fee: (1.) \$300, winnings ---- 1st \$4,500, 2nd \$2,500, 3rd \$1,500, 4th \$1,000, 5th \$500

Fee: (4.) \$500, (first place only) winnings ----- \$16,500

Event Four;

Fee: (1.) \$300, winnings ---- 1st \$4,500, 2nd \$2,500, 3rd \$1,500, 4th \$1,000, 5th \$500

Fee: (5.) \$1,000, winnings - 1st\$15,000, 2nd\$8,000, 3rd\$5,000, 4th\$3,500, 5th\$1,500

Event Five;

Fee: (1.) \$300, winnings ---- 1st \$4,500, 2nd \$2,500, 3rd \$1,500, 4th \$1,000, 5th \$500

Fee: (6.) \$1,000, (first place only) winnings ----- \$33,000

Event Six;

Fee: (1.) \$300, winnings --- 1st \$4,500, 2nd \$2,500, 3rd \$1,500, 4th \$1,000, 5th \$500

Fee: (7.) \$1,500, win ----1st \$22,500, 2nd \$12,500, 3rd \$7,500, 4th \$5,000, 5th \$2,500

Event Seven;

Fee: (1.) \$300, winnings ---- 1st \$4,500, 2nd \$2,500, 3rd \$1,500, 4th \$1000, 5th \$500

Fee: (8.) \$1,500, (first place only) winnings ----- \$50,000

Event Eight;

Fee: (1.) \$300, winnings ---- 1st \$4,500, 2nd \$2,500, 3rd \$1,500, 4th \$1,000, 5th \$500

Fee: (9.) \$2,500, win -- 1st \$37,500, 2nd \$20,500, 3rd \$12,500, 4th \$8,500, 5th \$4,500

Event Nine;

Fee: (1.) \$300, winnings ---- 1st \$4,500, 2nd \$2,500, 3rd \$1,500, 4th \$1,000, 5th \$500

Fee: (10.) \$2,500, (first place only) winnings ----- \$83,500

Event Ten;

Fee: (1.) \$300, winnings ---- 1st \$4,500, 2nd \$2,500, 3rd \$1,500, 4th \$1,000, 5th \$500

Fee: (11.) \$3,000, win 1st \$45,000, 2nd \$25,000, 3rd \$15,000, 4th \$10,000, 5th \$5000

Event Eleven;

Fee: (1.) \$300, winnings ---- 1st \$4,500, 2nd \$2,500, 3rd \$1,500, 4th \$1,000, 5th \$500

Fee: (12.) \$3,000, (first place only) winnings ----- \$100,000

Event Twelve;

Fee: (1.) \$300, winnings ---- 1st \$4,500, 2nd \$2,500, 3rd \$1,500, 4th \$1,000, 5th \$500

Fee: (13.) \$5,000, 60 athletes - winnings ---- 1st \$45,000, 2nd \$25,000, 3rd \$15,000, 4th \$10,000, 5th \$5000

Event Thirteen;

Fee: (1.) \$300, winnings ---- 1st \$4,500, 2nd \$2,500, 3rd \$1,500, 4th \$1,000, 5th \$500

Fee: (14.) \$5,000, (first place only) 60 athletes - winnings ----- \$100,000

“Training Beyond Your Limitations”

Power Pull

Let’s have fun in the competition!

www.powerpull.com

powerpullinc@bellsouth.net

The Foundation

The Power Pull Competition will be the foundation of Power Pull. A foundation we can build to any level we choose, by certifying trainers to train athletes to achieve their goals to compete and win the big bucks in the Power Pull Competition. We will show the trainers how to make money in training with the Power Pulls and to build their business along with the Power Pull Competition. The Power Pull Competition will be known worldwide as athletes are coming to get the money! The rules and regulations are set by the Power Pull Competition. The Power Pull Competition can be built to any level we choose and we will have a proven product. The only limits to the Power Pull Competition will be the ones that are running it. How does it work? There are two events a week picked by the Power Pull Competition. Each week the two events will be setup eight weeks out for the next competition. The athletes will register in the event they selected to enter. When the events are set, meaning one hundred athletes have register for each event, the athletes will be notified to start their training. There will be seven weeks of training and in week eight the competition is on. Each athlete has the right to train as they like or contact a certified Power Pull trainer through the Power Pull Competition website. Training with a certified trainer on the Power Pull will be a huge advantage in qualifying and winning their event. I personally believe that certified trainers will be the athletes that have experienced the testing of the Power Pull Competition. This will be the future certified trainers of the Power Pull Competition. These certified trainers will be the most successful trainers for the competition, they will understand what it takes to compete in the Power Pull Competition and how to get there. Power and conditioning will be the key words used in training but without the conditioning, power is not enough. That's what these trainers will understand, the level of conditioning the Power Pull will put these athletes in.

Join the Power Pull Team to be a Conditioning Machine and win the big buck!

The Startup of the Power Pull Competition

Power Pull DAILY WORKOUT SCHEDULE												
NAME: Daniel Allen						DATE: 1/1/06						
12 ov Kett No. 18 Age 14 height - 5'7" weight - 135												
10 YDS	1	2	3	4	5	6	7	8	9	10	11	12
0												
6												
8												
10												
20 YDS	warm up pulls											
1	2	3	4	5	6	7	8	9	10	11	12	
0	—	—	—	—								
6												
8												
10												
30 YDS	1	2	3	4	5	6	7	8	9	10	11	12
0												
6												
8												
10												
40 YDS	1	2	3	4	5	6	7	8	9	10	11	12
0	9.68	9.44	9.40	9.69	9.40	9.48	9.46	9.43	9.62	9.63		
6												
8												
10												
10 YDS	1	2	3	4	5	6	7	8	9	10	11	12
FREE SPRINT												
PRE-PULL												
POST-PULL												
40 YDS	1	2	3	4	5	6	7	8	9	10	11	12
FREE SPRINT												
PRE-PULL												
POST-PULL												

This is where the Power Pull Competition was born!

For years, the results of this athlete have been on my mind. I can't emphasize the conditioning of this athlete enough. In 2006 at week eight of his training, this is his times. Notice from his best of (9.40) to his worse pull of (9.69) was only .29 hundreds of a second difference in his 10 forty yard pulls. He had 90 seconds of rest between each pull. This young athlete was a pitcher and his pitching speed increased 16%. After the Data Machine was developed in 2015, I knew this workout would be the base of the Power Pull Competition.

The Power Pull Data Machine



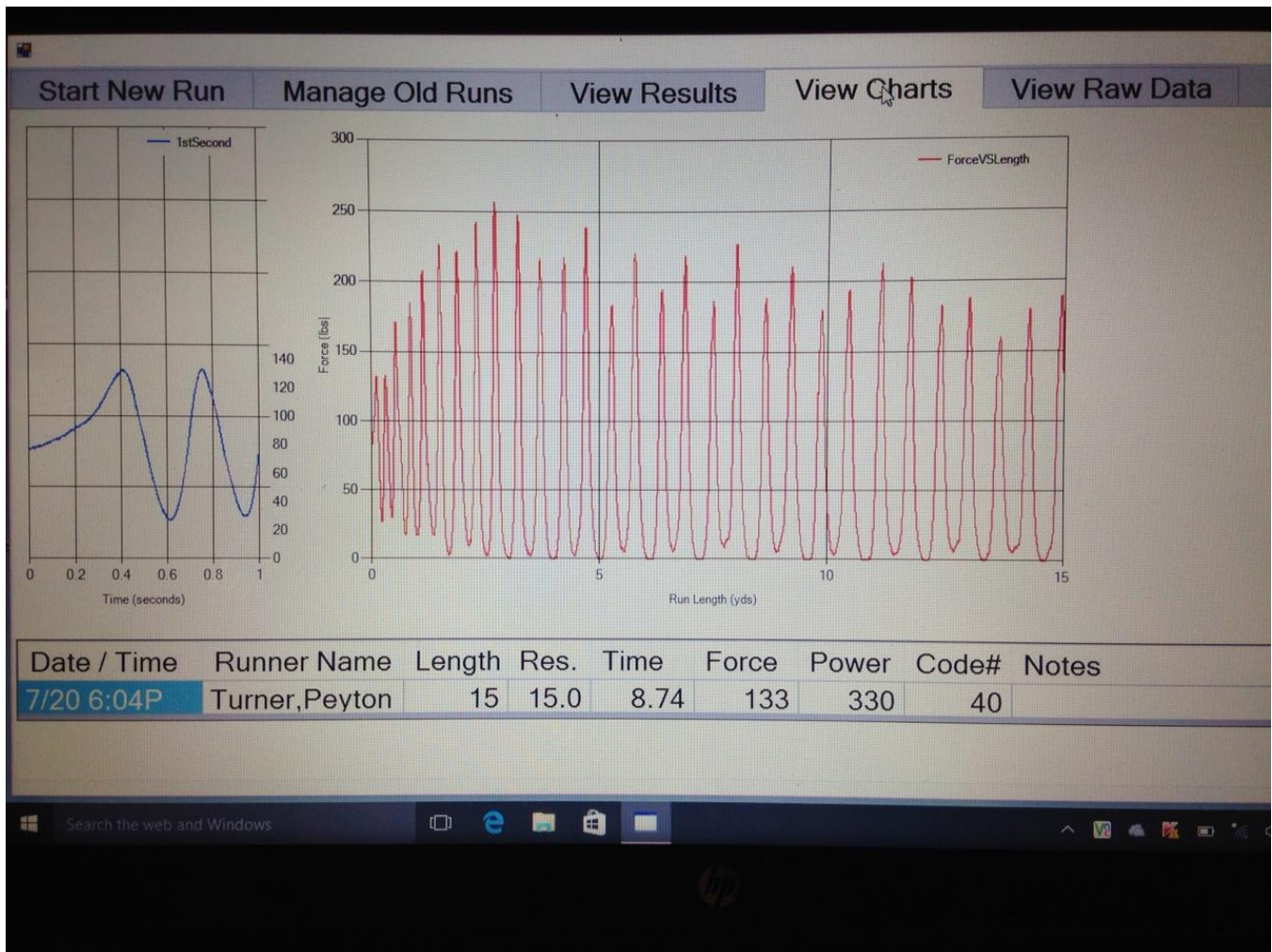
Building the Power Pull Brand

THE POWER PULL COMPETITION

Measuring

Explosive Power & Conditioning

The Data Machine Results



SETTING THE STANDARDS

With the Power Pull Data Machine, this technology is giving the most accurate measurements of power in the pull, reading down to one thousands in power.

The Power Pull Competition standards are to compete in the events to measure performance in power and conditioning.

“Training Beyond Your Limitations”

Interested in becoming a Certified Trainers?

The Power Pull Competition will seek trainers to train athletes for the chance to win up to \$100,000 in the competition. The foundation of the Power Pull Competition is the Power Pull Data Machine, measuring the performance in the pull down to one thousands in power. Trainers of the competition are to be certified by the Power Pull Competition team. A Certified Trainer must own one Data Machine, one Standard Machine and be a member of Power Pull Competition. The membership fee is \$1,000.00 each year. The Certified Trainers are taught how to operate the machines and given the workout that will produce the best results for the Power Pull Competition. The Certified Trainers location and information will be listed on the website for athletes to find. Any new information on the Power Pull Competition will go directly to the Certified Trainers. We want Certified Trainers to make money in training our athletes for this competition. Working together will benefit both as we grow. There will be a limit of Certified Trainers over the country. As the Power Pull Competition grows, so will each Certified Trainer. The key for the competition is training athletes to generate more power in the pulls, and develop the conditioning that will be required in the competition. The most successful athletes will be trained by Certified Trainers on the Power Pulls. The highest power number average is first place. In the beginning of The Power Pull Competition, most athletes will be on their own to get ready for the competition. The winnings will drive athletes to register for the competition and athletes will follow their friends into the competition. This competition will become addictive to athletes that love to workout. There are many athletes that love to compete, but make no money with their talent, and now they will have the chance to win big bucks. This is a chance to make the winnings that can really help in life, and a competition that you can be proud to say you are a part of. Anyone can enter the competition. The Power Pull Competition will produce athletes that will become trainers. Being in the competition, these athletes will have an understanding of the value of training on the Power Pulls. They will know what it takes to become a winner in the Power Pull Competition and just how hard it is to qualify. The power output is measured down to one thousands in the competition. A winner could win by one thousand's in power. This training is also great for athletes that are looking for speed. Our goal is for a Certified Trainer to grow their business each year alone with the Power Pull Competition. Training sessions are three days a week for seven weeks, totaling 21 sessions. At \$35.00 per session, the total cost to the athlete is \$735.00. Why do you need a Certified Trainer to train? It's your best chance to win, but it's up to the athlete how they train. The athlete can train for the competition however they choose. I will assure you once Certified Trainers start to train athletes, you will see these athletes winning. The Power Pull Data Machine measures the performance of each pull from the first step to the last step down to one thousand in power. Power starts in the first step. I can't say enough about how important it is to train on the Power Pulls for this competition. "You will be on the Power Pull Data Machine when going for the winnings. So, why not train on what you are going to compete on?"

www.powerpull.com

Email: powerpullinc@bellsouth.net

**Join the Power Pull Competition Team and train with
the technology of the Data Machine reading 200
times per second!**

**Just Follow the Code Number
and
Become a Certified Trainer of the Power Pull
Competition**



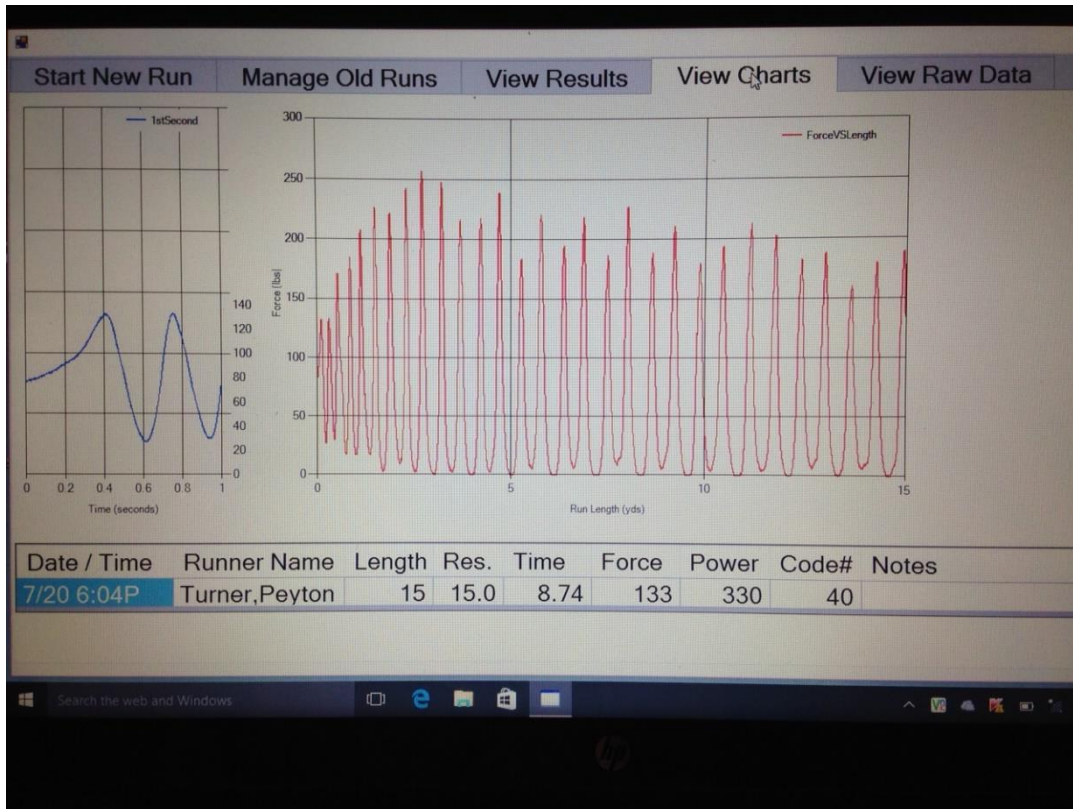
The Power Pull Data Machine
Measuring Force, Power & Conditioning



The Data Machine
The Next Generation of Training
“Training Beyond Your Limitations”

Your POWER NUMBER correlates to speed!

So, what's your POWER NUMBER?



Example: In four weeks, his power in the powerwalks increased by 47%. His 10 yard free sprint went from 1.82 to 1.58.

Lower your code number and achieve the most explosive power and speed endurance ever!

“By increasing your POWER NUMBER”

POWER PULL, a constant resistance machine with the technology of tomorrow.

Information from the Data Machine

The Summary Charts

View Results:

Data/Time	Name	Length	Res. Setting	Pull Time	Force	Power	Code
6/22/15	Peyton	15 yds.	15.0	9.67	103	225	46
7/20/15	Peyton	15 yds.	15.0	8.74	133	330	40

Example: In four weeks, his power in the power walks increased by 47%. His 10 yard free sprint went from 1.82 to 1.58.

Performance Chart;

Peyton's start up chart:



Example: Date 6/22/15, Name Peyton, 15 yds, 15.0 Res. Setting, 9.67 Pull Time, 103 Force, 225 Power, 46 Morris Code.

Performance Chart;

Peyton's week four chart:



Example: Date 7/20/15, Name Peyton, 15 yds, 15.0 Res. Setting, 8.74 Pull Time, 133 Force, 330 Power, 40 Morris Code. Notice the power output in each chart.



The Data Machine

The Value of the Power Pull Data Machine to a Performance Coach!

- (1) Measuring each step of force to the pound.**
- (2) Charting the complete pull.**
- (3) Knowing where the athlete breaks down.**
- (4) Showing if an athlete is balance right and left.**
- (5) Showing a possible injury prone athlete.**
- (6) Measuring the sprint power of an athlete.**
- (7) Measuring the conditioning of an athlete.**
- (8) Measuring the injury recovery stage.**

The Formula for Speed!

The idea of a constant resistance machine came to me in 1999. I wanted to build a machine that would increase power and conditioning in athletes. The key was constant resistance that would overcome hydroplaning like a dead weight sled in the pull, a fluid like pull that would become the number one machine to train on. After eight years we had a machine that met our demands. The Power Pull has increased the speed of thousands of athletes from Jr. High to the Pro level. We have seen as much as 3 tenths increase in the 10 yards sprint. In 2012 we started working on the Data Machine. We call this machine the Power Pull Data Machine, it gives us much more than the eye can see, collecting data at 200 times per second in the pull. The Data Machine will show pull time, force, and power in the pull, and give you a code called the Morris Code, which guides you in the direction of resistance training to reach your goals quicker and to advance farther in results. The Morris Code was written by me to help trainers understand where to set the correct resistance. You can set the correct resistance for each athlete to make their own personal gains in speed, by simply adjusting the resistance for each athlete. All athletes are different, and being able to know what level of resistance each athlete needs to train is their Power Number. The Power Number is the power the athlete is developing in the pull. It is the measurement of strength and mechanics generated in the pull. By selecting the correct resistance in training, the athlete will gain strength and improve in their mechanics. To increase the resistance and improving the mechanics as the athlete trains, the athlete's strength will make major improvements. "Strength is power, power is speed." This is where the Power Pull shines over stationary workouts. We are building strength, muscle memory, fast twitch muscle, and improving the mechanics of the athlete as we train. The Morris Code will guide the trainer in developing the athlete's power by keeping the Code Number in the 30 – 60 range, this range is the best mechanics. This 30 – 60 range is the goal for returning energy. The mechanics are measured by the foot contact with the ground from the load cell. The lower the Code Number, the higher the energy return. If excess force is being applied to the ground, the Code Number is higher. This means the athlete's energy is going in the ground, not returning back to the athlete; poor mechanics. A high Code Number will show a high Force Number, a lower Power Number and a slower Pull Time. The POWER NUMBER correlates to speed. When the athlete can keep the Code Number in the 30 – 60 range, the Force Number is lower, the Power Number is higher, and the Pull Time is faster. What's your POWER NUMBER? A workout is designed for your athletes to reach their goals quicker and advance farther in results. Increase Your Power Number, Increase Your Speed! POWER PULL, the constant resistance machine that is enhancing mechanical performance to injury prevention through the mechanics of running. After using the machine and understanding the chart, it becomes very simple to operate and follow the code. The fastest athlete in the world is looking for a way to get faster!

Morris Code Example;

View Results:

Date/Time	Name	Length	Resistance	Pull Time	Force	Power	Morris Code
7/29/15	Peyton	10 yds.	12.0	4.70	228	418	55 (lower) Example-A
7/29/15	Peyton	10 yds.	12.0	4.85	258	392	66 (higher) Example-B

Value of the Power Pull Data Machine

Tomorrow's Technology is here!

The value of the Power Pull Data Machine can be used for testing, training, or rehabbing. It will chart the pull giving you complete knowledge of what the athlete is doing in each step of the pull. It will show the force in each step and give a read out of Pull Time, Force, Power, and the Morris Code in the pull. The Power Number correlates to speed and the Code Number guides the trainer in using the correct resistance for training each athlete. The correct resistance for training each athlete is their Power Number. By testing the athlete, you will know their Power Number. It's a constant resistance machine measuring each step of force to the pound, and giving the most accurate measurements in sprint power and conditioning. To know your Power Number and how to build on it, is knowledge that can't be overlooked. "Increase your Power Number, increase your sprint speed." This technology will also guide you in the weight room by testing the athletes to see if the training regiment in process is increasing the Power Number. The Power Pull is designed to build explosive power and conditioning. The conditioning is measured by ten forty yards pulls with ninety seconds of rest time between each pull. The ten pulls have to be within one second of each other. A workout is designed to meet these standards and the manual will show how to operate and train on the Power Pull. This conditioning test will be the foundation of Power Pull Competition, which is in the near future of Power Pull. In the Power Pull Competition, if the athlete qualifies in the conditioning test, this means they have met the standards of the ten pulls. The ten Power Numbers will be averaged and that's the athlete's score. The highest Power Number will be the winner of the Power Pull Competition.

www.powerpull.com

Email: powerpullinc@bellsouth.net

Contact: Phil Morris, President



The Power Pull Data Machine & Accessories:	
The Data Machine	
Laptop	
Pull Cable	
Three Harnesses	
Manual	
DVD -----	\$12,500.00
The Standard Power Pull & Accessories -----	
	\$4,500.00



“The Brains of the Data Machine”



“Load Cell”



“Select Resistance in Seconds”

