

What is the Buckshot Belt?

The Buckshot Belt is a 6 lb (small), 8 lb (medium), 10 lb (large), or 12 lb (x-large) waist belt utilized for "overload" training. Unlike belts that use buckles or snaps, the Buckshot Belt is secured with velcro allowing you to get a tighter fit that refuses to slide. The Buckshot Belt contours to your waist in such a way that you will barely know you have it on as you go through your normal training activities.

The weighted load is created by sewing buckshot into the belt. The buckshot is evenly distributed through either 3 or 4 compartments. Sewing the buckshot into separate compartments keeps the weight from shifting and moving during your training session, which makes the belt more comfortable to wear.

How does the Buckshot Belt Work?

The key to improved athletic performance, whether it is basketball, baseball, football, track, or any other sport, is the ability to duplicate and improve upon specific motions during workouts. The Buckshot Belt gives the ability to copy exactly your sport specific movement during an overload workout. An athlete can perform a carbon copy of their competitive movement with the added overload. With no bouncing, chafing or bothersome weight shift, you can literally play a game of basketball or hit a baseball and run the bases while wearing the Buckshot Belt.

The form fitting design allows you to sprint without obstructing arm or sprint motion mechanics. Other products may pinch, slide, or chafe, causing you to alter your natural motion. The Buckshot Belt provides comfort and uniform weight distribution throughout the exercise.

Use of the Buckshot Belt:

The velcro strap of the Buckshot Belt should be pulled snugly around your waist. The belt should be snug enough that it will not bounce or slide during athletic movement, but should not be uncomfortable or inhibit breathing. (Figure 1)



Figure 1

The best use of the Buckshot Belt is to practice sport specific motions with the added overload for a predetermined number of drills or minutes. Always contrast train; train without the overload so the body can be accustomed to the weight differential. (Figure 2, 3, & 4)



Figure 2



Figure 3