

# IT'S TIME TO CHANGE OUR THINKING WHEN IT COMES TO ATHLETIC TRAINING.



**DEVELOPED TO REDUCE INJURY.  
PROVEN RESULTS. LESS RISK.  
DESIGNED TO ENHANCE A WEIGHT ROOM,  
NOT REPLACE IT.**

Using spring-driven variable resistance and ergonomically designed to mimic natural movements, Speedway Circuit focuses on building champions. The lineup has machines developed for strength, speed, quickness, and agility. Athletes can use high resistance to build strength, or low resistance to do speed work, and do it all on one set of machines. The unique designs of Speedway Circuit reduce the risk of training-related injury, which means more time on the field or court, and less time in rehabilitation.

Speedway Circuit is a set of five machines, available for purchase as a group only. After all, the value isn't just in one or two pieces, but in the system as a whole. Line them up along a wall, or bolt them together to form a five-sided circuit. As a whole, up to five athletes can train at a time. Each machine is self-contained. Since there's no cleaning up bars or plates in between sets, teams have the ability to train more efficiently than ever.

Because Speedway Circuit is built by Legend Fitness, you know that your system will last for years. Made from mandrel bent, 11-gauge steel with durable powder coating, the frames will stay sturdy and low maintenance. High quality upholstery and aviation-grade cables mean your athletes can put each machine through the ringer, without you having to worry about taking time off because of machine breakdown. And of course, it wouldn't be a Legend Fitness piece of equipment if all of our standard personalization options weren't included as well.





## TWO LAYOUT OPTIONS

The Speedway Circuit bolts together to form a circular layout (shown on previous page) or a linear layout. Either layout option allows up to five athletes to train simultaneously.

## 7052 GROUND & POUND

The Speedway Circuit Ground & Pound is similar to a standing leg press, but allows for unilateral movements and speed work. The workout is simple... athletes just have to sink their hips and lift their knees. They can use low resistance and move fast, or work slowly with high resistance. The Ground & Pound builds power and speed by working the quads, glutes, and hamstrings.

 Dimensions:  
59.5 x 65.5 x 70 in

 Shipping Weight:  
485 lbs.

**NEW**



- 15 levels of spring-loaded resistance.
- Non-skid footpads for safety.
- Ergonomic grip handle and padded elbow pad increase comfort and stability.
- Builds power and speed.

## 7050 SUPER STRIDE

The Speedway Circuit Super Stride was created after training with Olympic gold medalist Carl Lewis. It offers the ultimate "bring those knees up" exercise! This machine was developed to strengthen the often-ignored iliopsoas muscles, which are critical for speed and push off. It also trains abductors which are important for lateral strength.

 Dimensions:  
59.5 x 65.5 x 70 in

 Shipping Weight:  
460 lbs.

**NEW**



- 15 levels of spring-loaded resistance.
- Builds speed and push off strength.
- Two padded rollers and padded arm rest for comfort.
- Open design allows for multiple stances while exercising.

## 7053 MOTOR WRX

The Speedway Circuit Motor WRX is ideal for increasing straight line acceleration and speed. It is a must-have for any sport that requires quick starts or long series of accelerations. Sprinters, track and field athletes, tennis players, baseball players, soccer players, football players, and more will all benefit from working on the Motor WRX.

 Dimensions:  
66.5 x 40.5 x 67.5 in

 Shipping Weight:  
610 lbs.

**NEW**



- 15 levels of spring-loaded resistance.
- Athletes can work one leg at a time or use both for speed work.
- Non-skid footplates for safety.
- Ideal for increasing straight line acceleration and speed.

## 7051 A TRAIN

The Speedway Circuit A Train focuses on increasing lateral acceleration. The A Train has been proven to benefit not only the side to side movements of tennis players or shortstops, but also in developing strength for pitching, hitting, and more. The innovative 56 degree arc of the footplate allows slight ankle articulation that helps to reduce knee strain.

 Dimensions:  
42.5 x 57.5 x 66.5 in

 Shipping Weight:  
510 lbs.

**NEW**



- 15 levels of spring-loaded resistance.
- Athletes can work one leg at a time or use both for speed work.
- Non-skid footplates for safety.
- 56 degree footplate arc reduces knee strain.
- Proven to benefit side-to-side movements.

## 7054 CHANGE OF DIRECTION

The unique Speedway Circuit Change Of Direction, or COD, was developed to fill the need to safely train explosive change of direction. This innovative articulated design moves with the athlete while providing 15 stages of constant resistance. The non-linear movement also allows athletes to safely perform variable resistance squats and much more.

 Dimensions:  
128.5 x 36 x 67.5 in

 Shipping Weight:  
510 lbs.

**NEW**



- 15 levels of spring-loaded resistance.
- Innovative articulated design safely trains explosive movement.
- Quick, easy arm height adjustments.
- Densely padded shoulder pads for comfort.
- Arm clicks into vertical storage position to save space.