

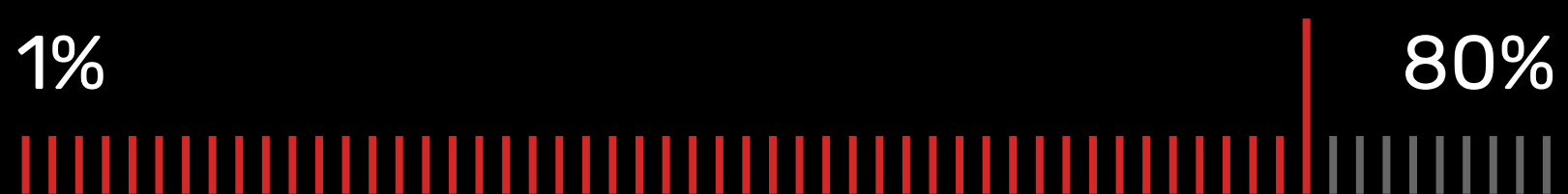


**Do you know  
your Eccentric  
Overload?**



# Eccentric Overload with Exerfly

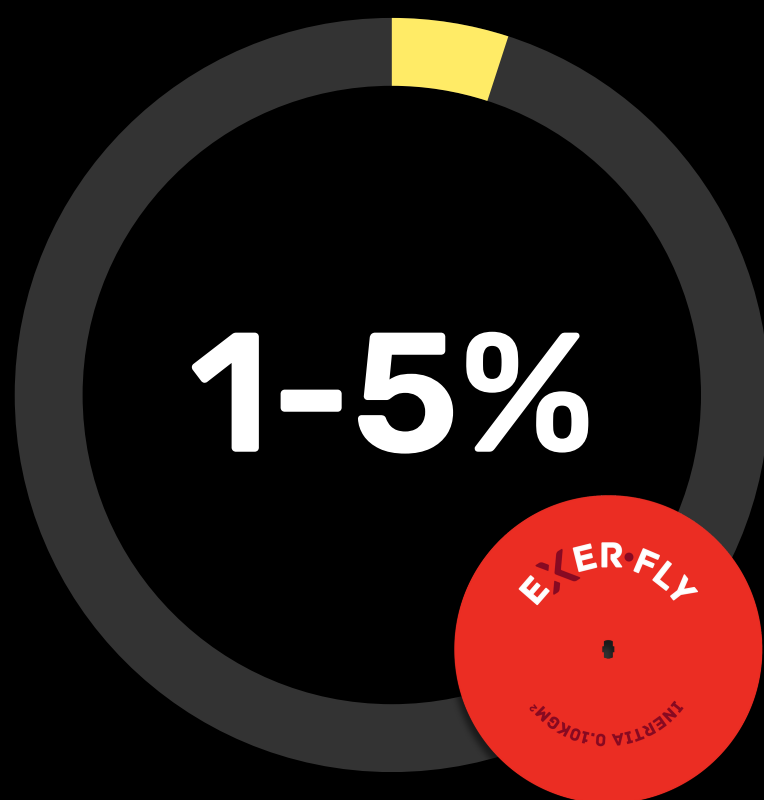
Flywheel resistance training (FRT) with Exerfly allows users to choose an eccentric overload between 1-80%. That's a significant range, so how much motor boost should you really apply?



## First of all, let's determine your experience with flywheel training...



# Eccentric Overload for Beginners



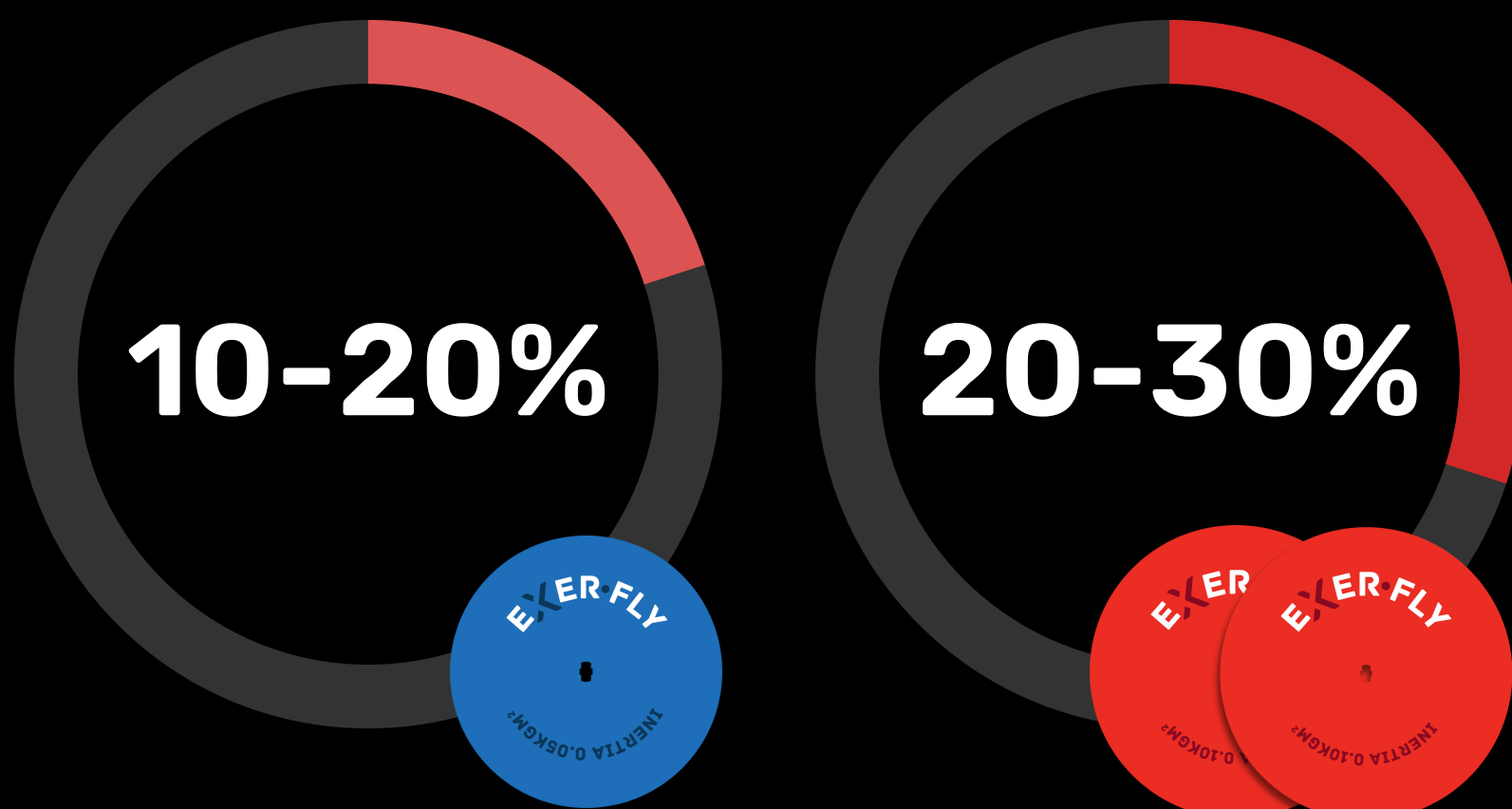
We recommend introducing the motor slowly starting at 1% overload and with a .1kgm<sup>2</sup> flywheel (Red).

# Eccentric Overload for Moderate



Now that you have experience with the motor and proficient technique. You can experiment with 10 - 20% overload, with a .1kgm<sup>2</sup> flywheel (Red).

# Eccentric Overload for Experts



What's your training goal? For high speed, try 10% overload with a .05kgm<sup>2</sup> flywheel (dark blue). For high force, experiment with up to 20% overload and 1-2 .1kgm<sup>2</sup> flywheels (Red).

# High performance exceptions

These considerations are general guidelines for all populations. These guidelines may be accelerated if your athlete is able to execute non-motorized and motorized flywheel movement with proficient technique and is responding well to the dose.

This is especially true in a high performance setting in which athletes can often progress up to and over 10% overload as soon as their 3rd training session.

