### WHAT PEOPLE ARE SAYING

"I believe that the H.U.T. strap is one of the most innovative pieces of training equipment of our time. It does three things it promotes the performance and saftey of a player as well as promoting following the rules. If the head of a player is down, he can't take in information. That process between the eyes and the brain is interrupted."

> — Chris Yeager Head football coach of Mountain Brook

"When used properly the H.U.T. Strap can be a beneficial training tool. The H.U.T. Strap does not restrict, limit or otherwise alter the wearer's range of physical motion."

Dr. Lawrence Lemak
 ASPIRE Sports Institute and National
 Center for Sports Safety

H.U.T.

#### H.U.T.

### MEET OUR FOUNDER J. KEN THOMPSON

The HUT (Heads Up Training)
Strap is the first and only "heads up"
training tool. When worn it provides
athletes with proprioception,
bio-feedback and muscle memory
during participation in contact sports.
Because of its utility as both a safety
and performance tool it is
recommended for all levels of play.
The HUT Strap is made from durable
military grade nylon webbing,
and it comes with a lifetime
warranty. Made in U.S.A.

Now backed by the National Center for Sports Safety.

#### **CONNECT WITH US!**

205.601.5624. ken@hutstrap.com hutstrap.com © @hutstrap

### H.U.T.

### **HEADS UP TRAINING**





## HOW IT WORKS



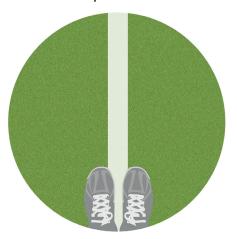
1. Adhere adhesive Velcro strips to both the rear shell of the player's helmet and shoulder pads.



3. Fasten both ends of the H.U.T. Strap using the safety release clasp.



2. Secure the upper piece of the H.U.T. strap (shorter) to the Velcro located on the helmet. Then secure the lower piece (longer) of the H.U.T. strap to the Velcro on the shoulder pads.



4. Adjust the straps so that the player can lower his head just to the point that he can see to the top of his feet without uncoupling the clasp.

# WHAT YOU GET WITH H.U.T.

#### PROPRIOCEPTION BIO-FEEDBACK MUSCLE MEMORY

Visit hutstrap.com/store to purchase your team's H.U.T. straps! For a single purchase, each strap costs \$40/strap.

\*Ask about our bundle deals!

