

## h/p/cosmos comet 3p 3.0

### sprint trainer



	h/p/cosmos comet 3p 3.0	h/p/cosmos comet 3.0
Speed	0 ... 53 km/h / ... 14.7 m/s	0 ... 45 km/h / ... 12.5 m/s
Motor	2.0 kW	0.7 kW
Power supply	380 - 420 V / fuse 15 A	220 - 240 V / fuse 15 A
Traction force	0 ... 333 N / ... 34 kg	0 ... 150 N / ... 15 kg
Rope length	approx. 140 m	approx. 140 m
Rope diameter	1.5 mm	1.5 mm
Weight	ca. 110 kg / 243 lbs	ca. 110 kg / 243 lbs
Dimensions	108 x 90 x 75 cm	108 x 90 x 75 cm
Order number	cos00C03010001	cos00C02010000

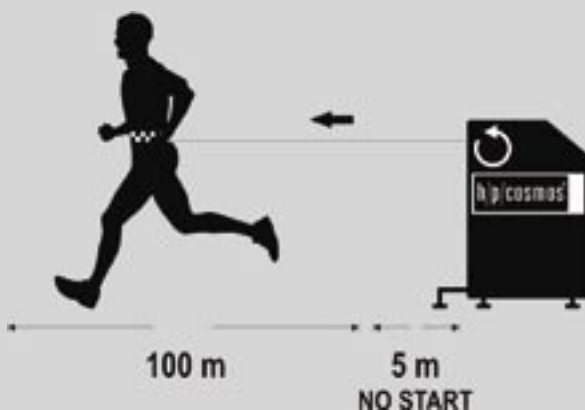
Only the „h/p/cosmos comet 3.0 3p“ model can provide sufficient performance for all applications in professional sports through its 3-phase power supply.

The standard power supply of 220 – 240 V is not sufficient for all applications and therefore is not recommended.

The traction force for resistance and support can be adjusted electronically by the trainer in both modes very fine - even during the sprint.

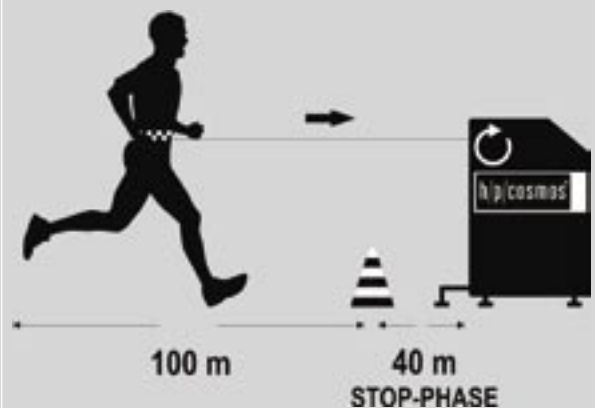
#### Traction resistance „muscle power training“

The rope must be connected with the lap seatbelt. The athlete must stand at least in 5 m distance from the device. Here the athlete starts and performs traction resistance training with the selected load by running away from the device.



#### Traction support „muscle speed training“

The athlete moves slowly away from the device and hence unrolls the rope from the shaft. At the desired running distance (e.g. 100 m plus 40 m for the stop-phase = 140 m) the athlete stops and turns 180° hence facing the device and starts the sprint training with traction support (overspeed training). Set a marker at the beginning of the STOP-PHASE 40 m from the device.



sprint trainer:	h/p/cosmos comet 3p 3.0 Electronic machine for sprint training with traction resistance or traction support (excess frequency). The athlete is running on the 100 meter track.
power supply:	380 ... 420 volts 1-phase AC, 15 ampere, 50/60 cycles/Hz
drive system and brake system:	2.0 kW 3-phase A.C. servo-motor
length of rope:	approx. 140 Meter
diameter of rope:	1.5 mm, load-carrying capacity of the rope (not the drive motor): max. 100 kg
traction force / traction resistance:	0 ... 333 N (0 ... 34 kg), adjustable from 0 to 100% - analogue adjustment by means of the potentiometer - digital adjustment by means of the motor control (special versions with more traction force available on request)
speed:	0 ... 53 km/h / 0 ... 33 mph / 0 ... 14.7 m/s
display:	scale on the potentiometer and digital LCD display in % of the control panel of the motor
adjust. parameters:	- min. and max. torque (traction force/- resistance) - revolutions per minute (speed) - speed-up time (time of acceleration) - slow-down time (time of retardation)
Interface:	on request
safety features:	- emergency-STOP switch on the control panel of the motor - switch on logic, the speed regulator can only be activated at zero power (0%)
dimensions:	width 1080 mm, depth 750 mm, height: 840 mm
weight:	approx. 110 kg / 243 lbs

Only the „h/p/cosmos comet 3.0 3p“ model can provide sufficient performance for all applications in professional sports through its 3-phase power supply. The standard power supply of 220 – 240 V is not sufficient for all applications and therefore is not recommended.

E & OE. Subject to alterations without prior notice.

System- and software training as well as workshops on request. Special accessories or special applications on request.

Manufacturer:

h/p/cosmos sports & medical gmbh

Am Sportplatz 8

DE 83365 Nussdorf-Traunstein / Germany

phone + 49 / 8669 / 86 42 0

fax + 49 / 8669 / 86 42 49

sales@h-p-cosmos.com

**www.h-p-cosmos.com**

Authorised h/p/cosmos dealer