

VERSUS SLIDE OF POTENTIAL

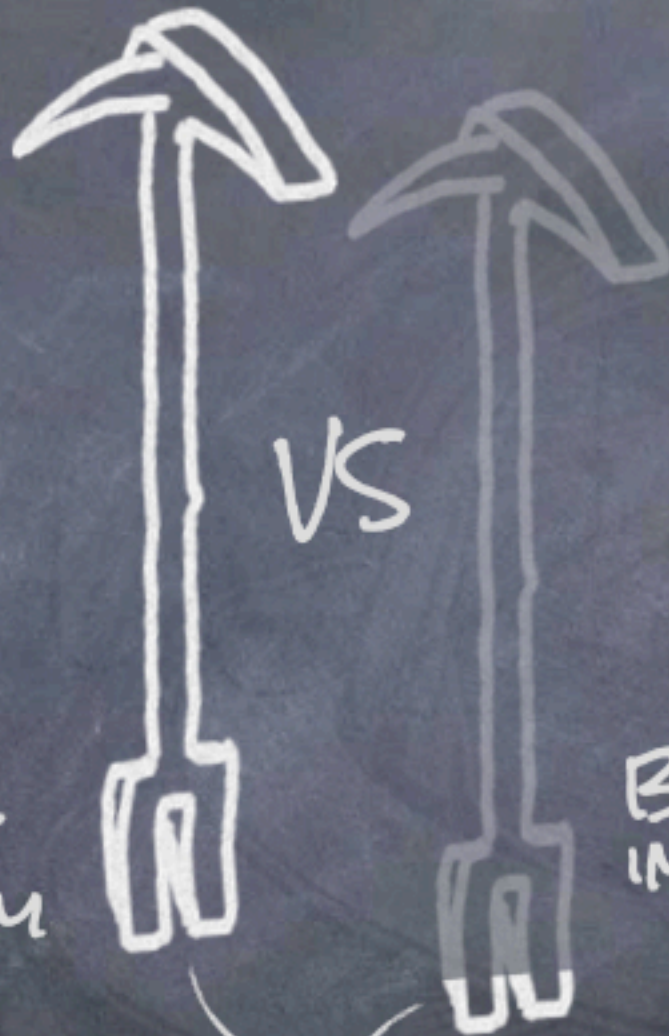
HANDS ON THE
END OF THE BAR
15:1

2" FORK DEPTH
15:1

PERPENDICULAR
FORCE APPLIED
100%

RUNNING EQUIVALENT
IMPULSE - MOMENTUM
3X VS WALKING INTO IT

CENTER OF GRAVITY
APPROPRIATE
100% WHEN LINED UP



VS

HANDS CENTERED
ON GRIP
8:1

3" FORK DEPTH
10:1

45 DEG. FORCE
APPLIED
67%

BRISK WALK EQUIVALENT
IMPULSE - MOMENTUM
1/3 VS ACCELERATING INTO IT

CENTER OF GRAVITY
W MULTIPLE VECTORS
REDUCED BY WHEN
NOT PERPENDICULAR

POTENTIAL
WITH ALL
THINGS
COMBINED

