

# **MST**

## **SPORTS PERFORMANCE**

myspeedtrainer.com

MST Sports Performance provides a comprehensive program designed to prepare NFL and Collegiate athletes train for the upcoming season. Our training is based on the skills development of speed, acceleration, deceleration, explosive power, strength and sports specific movements to increase athleticism for optimal performance.

We focus on coaching to develop skills, with a clearly outlined skills development progression for football. Professional and Collegiate development training involves a 5 day schedule that will address:

- ✓ Speed/Quickness, Acceleration, Transition, Max Speed
- ✓ Functional Agility and Lateral movement
- ✓ Plyometric, Explosive Work
- ✓ Functional Linear Speed and Acceleration
- ✓ Strength and Power Training
- ✓ Position specific drills with current and former NFL/College players
- ✓ Physical measurements (BW, BF% pre-testing to increase lean muscle mass)
- ✓ Injury evaluation (Pre screening for injuries and proper structural alignment to implement active recovery and/or pre- habilitation methods)
- ✓ Pre and Post workout supplementation with Cytosport/Muscle Milk
- ✓ Soft Tissue Massage (Weekly for regeneration)

All athletes receive one on one individual attention from the best Speed/Strength and Conditioning Trainers in South Florida. Our staff has been preparing top NFL and College players since 2001. We get the job done better than anyone in the industry. You will be prepared for the physical demands of the upcoming season.

Edward A. Winslow, MS, CSCS, USAW  
Founder and Owner

**MY SPEED TRAINER**

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