

SPORTS PERFORMANCE TRAINING

my SPEED

T R A I N E R

myspeedtrainer.com

Training Includes:

- Super Treadmill (28 MPH, 40% Elevation)
- Optimal Speed technique for acceleration and top speed
- Plyometrics for explosiveness
- Agility mechanics for controlled change of direction
- Jump technique
- Stability and balance for better body control
- Functional Body Strength
- Core Strengthening
- Extreme Conditioning
- Deceleration Technique
- Over Head Velocity

Location: 1143 Banks Rd. Margate, FL 33063

Programs: Sports Specific (3x per week indoors)

Pricing: \$30 per session 12 sessions (1 month)
\$25 per session 24 sessions (2 months)

For more information go to

www.myspeedtrainer.com

or call 954-840-6586