



**MST**

**SPORTS PERFORMANCE**

[myspeedtrainer.com](http://myspeedtrainer.com)

**MY SPEED TRAINER**

Phone: 954-840-6586

1143 Banks Road, Margate, FL 33063

Email: [info@myspeedtrainer.com](mailto:info@myspeedtrainer.com)

**MST Sports Performance** provides a comprehensive program designed to prepare post-collegiate athletes train for the NFL Combine and University Pro days. Our training is based on the skills development of speed, acceleration, deceleration, explosive power, strength and sports specific movements to increase athleticism for test day.

We focus on coaching to develop skills, with a clearly outlined skills development progression for all 2012 NFL Scouting Combine Events. Combine training involves a two a day schedule that will address:

- 40-yard dash (Starts, Acceleration, Transition, Max Speed)
- Three cone drill (Every step is biomechanically planned to ensure optimal acceleration and direction change)
- 20-yard shuttle
- 60-yard shuttle
- 225 Bench press (Technique, Decrease ROM, Flex Work for speed, power, deficiencies)
- Broad jump (Optimal body positioning and horizontal jump training technique)
- Vertical leap (Optimal body positioning and vertical jump training technique)
- Position specific drills (Drills are specific for position and combine specific drills)
- 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-rehabilitation methods)
- Soft Tissue Massage (Weekly for regeneration)
- Nutritional Supplementation and Meal Plans

All athletes receive one on one individual attention from the best Speed/Strength/Power and Skills Trainers in South Florida. Our staff has been preparing top round draft picks for the combine since 2001. We see an improvement rate in every single drill with every athlete on test day.

***We get the job done better than anyone in the industry.***

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

**MY SPEED TRAINER**

954-840-6586 1143 Banks Road, Margate, FL 33063 [www.myspeedtrainer.com](http://www.myspeedtrainer.com)

