

football

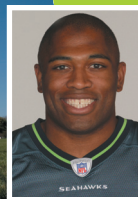


Every second counts

and every move is critical in the game of football. No matter what position you play, the **Frappier Acceleration® Sports Training** Programs can help take your game to the next level. Players from youth leagues to the NFL have recorded impressive improvements in their game by training on the Frappier Acceleration program.

PROGRAM DESIGNED TO IMPROVE:

- Sprint speed and overall quickness
- Multi-directional movements for quick offensive and defensive plays
- Agility to maintain balance in order to gain extra yards, catch the tough pass or to make the tackle
- Power and Strength for more explosive game play



Seattle Seahawks

"The [Frappier] program gave me a great edge. My goal was to play in the NFL and the Frappier Acceleration program helped me reach it."

— Shaun Alexander,
Seattle Seahawks

www.frappieracceleration.com

football

PROGRAM INCLUDES:



Super Treadmill training provides 200-300% more recruitment of the muscles responsible for increasing and maintaining speed compared to running at no incline with the same stride frequency.



Plyometrics training enhances an athlete's ability to stay balanced and change directions quickly and explosively for running, blocking and tackling.



Strength Training – Through the use of specially designed weight equipment and an individualized program, football players can develop an increased strength base.



Resistance Cord Training isolates specific muscles for explosive sport specific movements like running, blocking, tackling and passing.



Sign up today for your FAST training program.
think fast!® be faster!

Peak Acceleration
SPORTS TRAINING

To get **[THE EDGE]** call:
719.597.6776
www.peakaccel.com