

wrestling



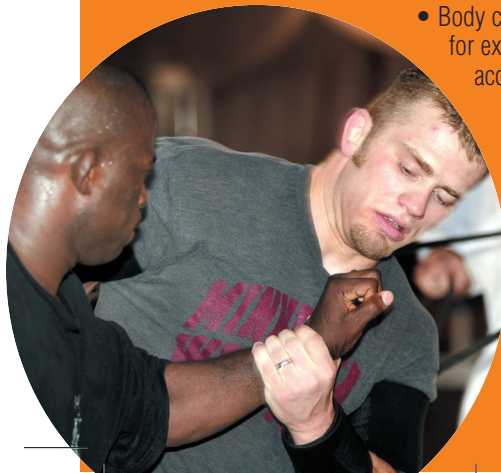
Outmaneuver your opponent.

A wrestler may have excellent moves in order to outsmart his opponent, but without speed to move around the mat and quickly make a critical move to get into position, the grappler's learned techniques might not be enough to make the pin.

Wrestlers who participate in the **Frappier Acceleration® Programs** train with the most advanced technology available today.

PROGRAM DESIGNED TO IMPROVE:

- Acceleration and speed for and getting into position
- Agility for changing direction quickly
- Body coordination and balance for executing wrestling moves accurately
- Strength and power for takedowns



"Frappier Acceleration is the best thing that has happened to me. Never before have I had a training program that allowed me to work out so efficiently – this did it all for me."

– Garrett Lowney
Olympic Wrestler

www.frappieracceleration.com

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PROGRAM INCLUDES:



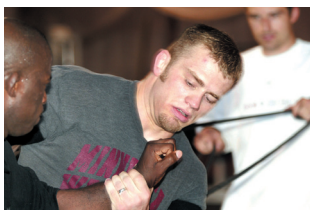
Super Treadmill training provides 200-300% more recruitment of the muscles responsible for increasing and maintaining speed, compared to running at no incline at the same stride frequency. Super Treadmill workouts develop anaerobic power and stamina.



Plyometrics training includes a variety of footwork drills and special exercises that enhance an athlete's ability to stay balanced and change directions quickly and explosively for proper positioning.



Strength Training – Through the use of specially designed weight equipment and an individualized program, wrestlers can develop and increase their overall strength base, contributing to more powerful and explosive moves.



Resistance Cord Training isolates specific muscles for improving explosive wrestling movements like side-to-side quickness and lower extremity power and strength.



Sign up today for your FAST training program.

think fast!® be faster!

To get **[THE EDGE]** call:

Peak Acceleration **719.597.6776**
SPORTS TRAINING

www.peakaccel.com