



Pinnacle Football Speed, Power and Agility Program



Total Performance Development Training

IMPROVE FOOTWORK AND COORDINATION

- Average improvement of 33% increased footspeed

DECREASE 40 YARD DASH TIME

- Average improvement of 0.2 seconds

INCREASE VERTICAL JUMP AND TOTAL BODY POWER

- Average improvement of 3" increase in vertical jump

DEVELOP BETTER OVERALL ATHLETICISM

MOVE MORE EFFICIENTLY, BE FASTER ON THE FIELD AND LEARN THE MECHANICS TO REDUCE THE RISK OF INJURY

SPECIALLY PRICED PROGRAM FOR PINNACLE ATHLETES

5 MONTH PLAN—begin immediately and train up to the season \$139/month

3 MONTH PLAN— get a jump start on training before the summer \$179/month

Offers valid through March 25, 2011

The Athletic Republic Advantage:

- Scientifically designed protocols modified from 20 years experience in training athletes (over 2,500 professionals trained)
- Patented training equipment (8 U.S. Patents)
- Certified and degreed coaching specialists
- Exclusive access to the newest cutting equipment, including the Nike Vapor Strobes (sensory training)
- Constant monitoring and feedback from coaches
- Instantaneous visual feedback using our DartFish video capture technology
- Patented cord technology allowing our programs to be specifically designed for each position and each athlete

WE HAVE THE ATHLETE DOWN TO A SCIENCE.

For more information or to enroll in this program contact Athletic Republic directly. Program enrollment deadline is March 25, 2011
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