

LEARNING THE SECRET TAKES THREE EASY STEPS!

- I. Know What To Do.
- II. Know How To Do It.
- III. Implement Correctly.

COMMON MISTAKES

Example I.

One Division I Team does primarily Benches and Curls in the off-season. And they do it 4x per week. The Head Football Coach is completely unaware of this gross mistake and unaware that many of his players are extremely critical. That's really Tragic. Our advice: Schedule him, until he learns the secret.

Example II.

A Division I-AA team has mostly machines and they perform one set of 8-12 reps with their exercises. The Head Football Coach is also completely unaware that his off-season program has totally missed the secret. The majority of players and graduates know what he doesn't. That's Tragic. Our advice: Learn the Secret!

Example III.

One high school does many things correctly and has most of the secret. However, only the football team does the program but then only in the off-season. Each other sport does nothing or a different training program. Thus, the multi-sport athlete is always doing something different. Our advice: Unify!

LEARN THE SECRET AND WIN!

Core Lifts
Flexibility
Warm-Up
Agility

Practice
Auxiliaries
In-Season
Plyometrics

Speed
Sets & Reps
Equipment
Organization

Unity
Readiness
Clinics
Videos-Books

LOOK FOR IT!