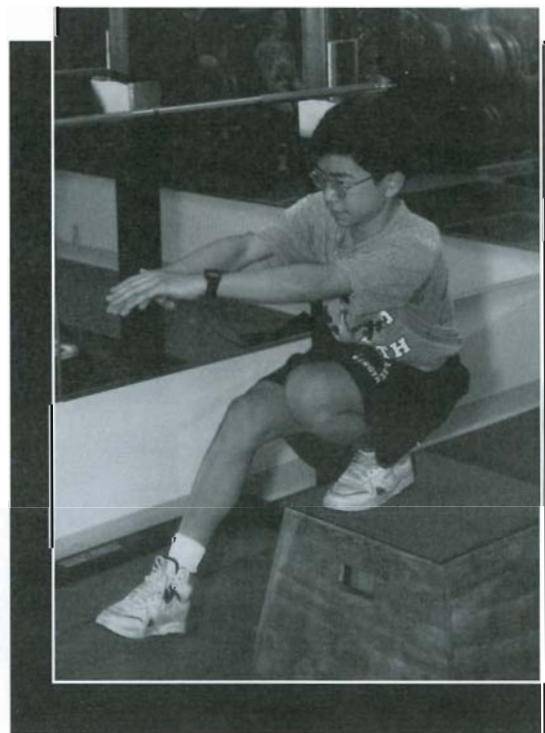
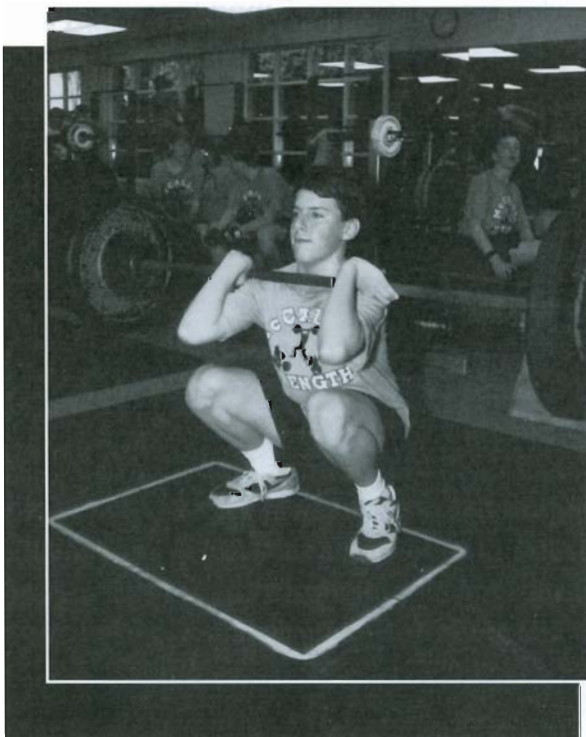


# McCallie's Upper Limit Readiness Program



McCallie School, Chattanooga, Tennessee. 2,880 Square Foot Strength Room. Shown Below is 8th Grader, Matt Carroll Doing Squat Cleans And To The Right Is 7th Grader Eugene Rhee Doing One-Legged Squats.

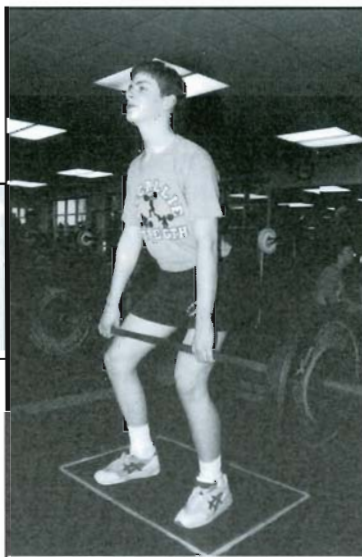




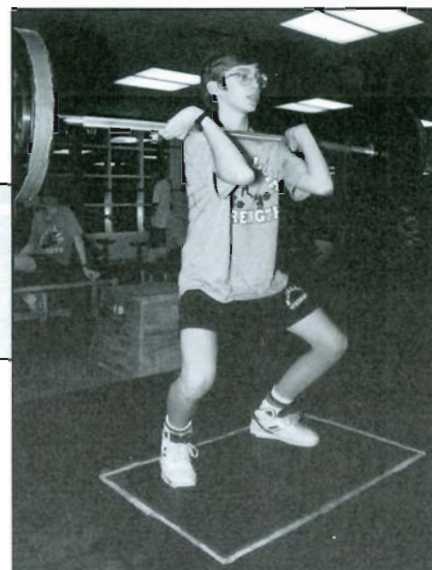
# McCallie School: Upper Limit



*Donny Gilbert, 8th Grade, Doing A Power Clean (Notice The Great Back and Hip Position).*



*Adam Bell, 8th Grade, Doing Power Cleans For Multiple Sets Of 5 Reps, Twice Per Week.*



*Mark Laughter, 7th Grade, Finishes The Power Clean With the New BFS Aluminum Bar.*

## By Dr. Greg Shepard

**E**than Reeve is the Mastermind and catalyst behind what may be the finest facility and program for Junior High students and Athletes in the country. Coach Reeves came to Salt Lake City and visited our Upper Limit facility. We tossed around some ideas but he really took the ball and ran with it.

The McCallie Junior Program Consists of four training days, always beginning with a 10 minute warm-up. Next comes 35 minutes of lifting. Each day only three lifts are done, including: Power Cleans, Squat Cleans, Clean Shrugs, Clean Pulls, Front and Back Squats, Front Lunges, One Legged Squats, Push Presses, Benches, Power Cleans to Push Presses, and Jerks. As

you can see, there is a lot of variety which is very smart.

A 10-minute Medicine Ball workout is done on the first and third day along with a one mile run. On the second and fourth day, Box Jumping and Speed Work is done to finish the total workout.

Our Congratulation to Coach Ethan Reeve and McCallie School for amazing Upper Limit thinking.....□



*Sean Ralston, 8th Grade, Doing Sets of 5 On Push Press.*



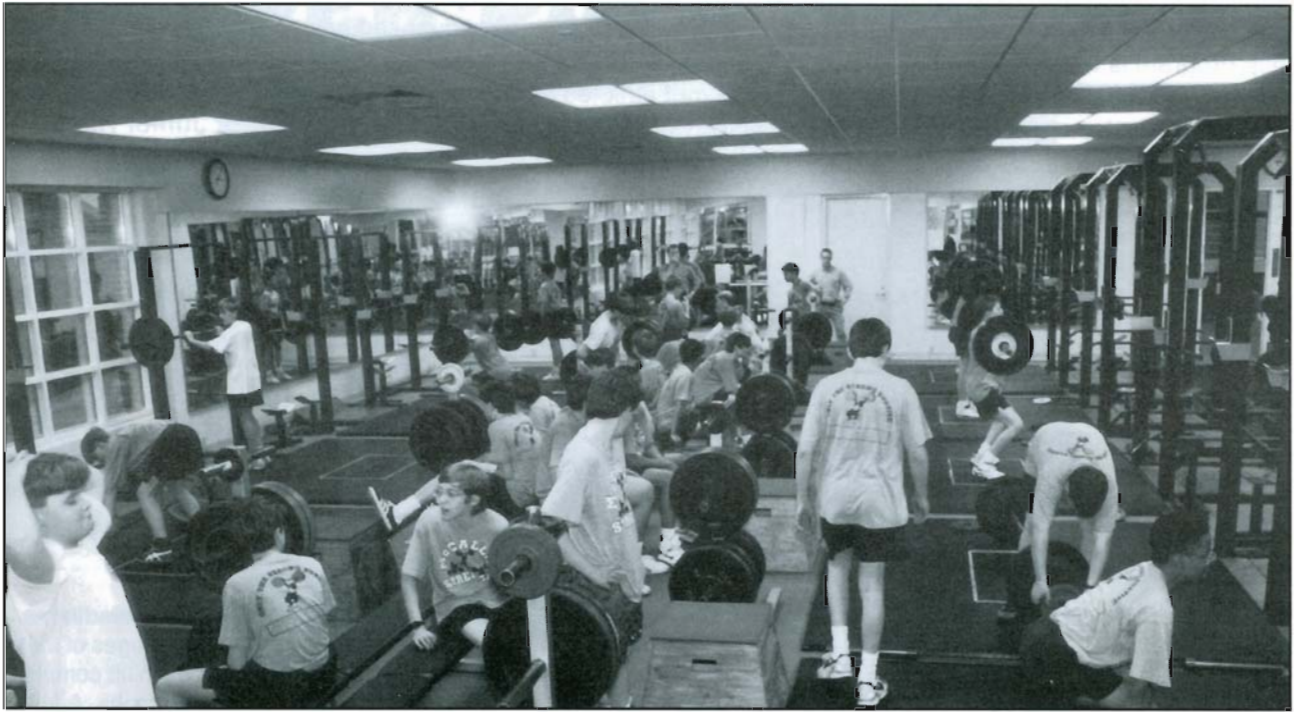
*Leron Richard, 7th Grade, Doing Squat Cleans With The BFS Aluminum Bar. Coach Reeves Noted "Leron's Elbows Should Be Up A Little More."*



*Ti Liu Cheng, 7th Grade, Does One-Legged Squats For Strength and Balance. Ti Does Multiple Sets of 5 Reps With Each Leg.*



# Strength Program and Facility



## The New McCallie School's \$13.5 Million Sports and Activities Center

### Fitness Room 30 x 48

- 4 Glute Ham Developers
- 6 10" Plyo Boxes
- 6 15" Plyo Boxes
- 2 30-Ft. Speed & Plyo Tracks
- 2 Steppers
- 5 Lifecycles
- 4 Airdynes
- 8 Ergos

Plus A Full Array Of Machines  
For The Facility

### Strength Room 48 x 60

- |                         |                           |
|-------------------------|---------------------------|
| 15 Platforms (8x8)      | 25 Olympic Bars           |
| 5 Power Racks (4x4x9)   | 9 BFS Aluminum Bars       |
| 5 Squat Racks           | 12pr. BFS Training Plates |
| 4 Combo Benches         | 30 25-Kilo Bumpers        |
| 15 Bumper Plate Holders | 30 20-Kilo Bumpers        |
| 15 Flat Benches         | 30 15-Kilo Bumpers        |
| 15 18"Plyo Boxes        | 30 10-Kilo Bumpers        |

McCallie School  
700 Male Students  
Grades 7-12

Full Time Strength Coach: Ethan Reeve