



SPEED

FACTORY™

SPEED & POWER DEVELOPMENT

**OPTIMIZING
ATHLETIC PERFORMANCE**

BRING IN THIS POSTCARD TO RECEIVE YOUR:

14 DAY FREE TRIAL MEMBERSHIP*

*(*First time visitors only)*



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At Speed & Power Development Factory, we're committed to optimizing athletic performance and reducing the potential for injury within the **SPD FACTORY PERFORMANCE MODEL:**

DYNAMIC WARM-UP - Movement-Oriented Warm-Up

SPEED DEVELOPMENT - Techniques to Improve Running Mechanics

LATERAL SPEED AND AGILITY - Quickness Drills in Multiple Directions

PLYOMETRICS - Training the Body to React Explosively

STRENGTH TRAINING - Olympic Style, Ground Based, Multi-Joint Movements

ADVANCED METABOLIC CONDITIONING - CrossFit and SST Principles

STABILIZATION TRAINING - Balance and Coordination Training

CORE TRAINING - Training the Abdominals and Lower Back

SPEED & POWER CHANGES EVERYTHING

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