



EXPLOSIVE SOCCER™

EP IMPROVES:

- 40 yd
- Agility
- Speed
- Quickness
- Power
- Vertical Jump
- First Step
- Confidence



BETTER TRAINING, BETTER ATHLETES.

PROGRAMS:

ELITE: Ages 16+

Advanced Sport-specific Speed, Agility & Quickness Training (up to 2 hours).

SPECIALIZED: Ages 12 - 15

Sport-specific Speed, Agility & Quickness Training (up to 2 hours).

INDIVIDUALS: All ages

Call 703-709-6584 for special rates. 1, 2 or 3 participants

DETAILS:

- 2, 3, & 4 Month Discounts
- Training available 1, 2 or 3 days per week
- Programs include SAQ, Core, Balance & Flexibility
- Explosive Jump & Sport-specific Strength Training
- Special Group, Team and School Discounts!
- We can travel!

***10 YEAR ANNIVERSARY SPECIAL:**

- *March and April only:*
- *One month of training only \$99 per athlete per month!*
- *Savings of up to \$160/month!*

For new clients only. Some restrictions may apply.



WE GUARANTEE OUR RESULTS!



INTRODUCING EXPLOSIVE JUMP!

(Explosive Jump uses the Vertimax™ training system)

- Improves first step quickness
- Improves first step explosion
- Improves vertical jump
- Great for strengthening ankles, knees and lower back.

sport&health

For more information or to register: contact Rob Rose at 703-709-6584 or email rrose@sportandhealth.com