



## Football Performance Training

Training will improve athletes overall athletic ability including:

- **Increased Muscle Mass and Strength** – Dominate the line of scrimmage and shed blockers
- **Improved Speed and Explosiveness** - Speed kills. Chase down ball carriers or breakaway from defenders
- **Improved Quickness and Change of Direction** – Cut on a dime
- **Increased Arm Strength** – Critical for Quarterbacks
- **Improved Flexibility** – Help prevent injuries and maximize strength/power



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