



2009

**XPRESS SPORTS TRAINING  
SPEED AND CONDITIONING WORKOUT  
*CATCH THE X.com***

2 sessions per week for 6 weeks.  
Foot skill instruction: Each session x 1.5 hours

**MINIMUM OF 20 ATHLETES  
MAX 30 ATHLETES**

- 1) Agility warm up.
- 2) Stretching, Flex Band routine. Injury Prevention.
- 3) Quick feet, agility ladder workout, lateral quickness and **VERTICAL** acceleration.
- 4) Plyometrics. cone workout, dynamic multidirectional movements.
- 5) Resistance running. Flex band workout.
- 6) Creating a more **EXPLOSIVE** first step through resistance and Flex Band training.

Workout Fee: \$90.00 per athlete.

Fee includes: Xpress Sports Training T-Shirt.

**\* FLEX BANDS CAN BE PURCHASED \$25.00**

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