

Cris Carter's

FAST



Program

***Speed & Agility
Training Manual***

Get FAST... or Be Last!

499 N.E. Spanish River Boulevard • Boca Raton, FL 33431

Ph: 561.997.9824 • FAX: 561.368.1090

Toll free ph: 1.866.552.5215

www.fastprogram.com

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INTRODUCTION

INTRODUCTION

Congratulations on taking the next step to becoming a better athlete! As with any type of program, this manual must be followed exactly, without any skipped reps or workouts if you want to maximize your gains. The techniques and drills provided in this manual have been used to produce some of the best professional athletes over the last few years. There is a progression to all of the drills and they must be followed in the exact order that they are printed. Your Speed and Agility Training Manual includes speed and technique drills, agility drills, balance and stability drills, plyometrics, conditioning drills as well as a 6-week strength-training program. Also included with your manual are two pieces of very important equipment that must be utilized properly for speed and agility enhancement. The Speed Ladder and Side Stepper are great tools to help you become a better athlete. If followed and done correctly, you *will* see significant gains in your speed, agility and strength after just six weeks.

The importance of speed, agility, quickness and explosion are becoming more and more critical to athletes in every sport. If you have the ability to quickly and precisely move your body in an explosive manner in every direction you will have a huge advantage over your competition. At The **FAST Program** we stress the importance of what we call game speed. Game Speed includes a combination of all of the following things: Starting Speed (Acceleration / First Step Explosion), Max Speed, Agility (Change of Direction Speed), and Deceleration. In order to be the best athlete that you can be you must maximize your abilities in all of these areas. To improve game speed we focus on the following:

- Linear (Straight Ahead) Speed - Whoever said speed can't be taught, you are born with it was simply incorrect. Speed is a skill that can be improved. By focusing on muscle balance, total body strength, joint stability, neuromuscular control, reaction time and running mechanics you can and will become a faster athlete.
- Agility - Focuses on your ability to accelerate, decelerate, stabilize your body and quickly and dynamically change directions without the loss of body control and posture. If you can do all of these things efficiently you will maximize your ability to change direction quicker than your opponent. This component is equally if not more important than linear speed in most sports.

- Quickness - Focuses on your ability to react to visual and auditory cues with little or no hesitation. This is a major part of every sport because every sport involves an athlete reacting off of what their opponent did or is going to do. If you can improve your quickness, you will be one step ahead of the competition.

The ***FAST Program***'s Speed and Agility Training Manual was designed to progress so that at the end of the six weeks you will be at your peak performance level. Be sure to practice your sport specific skills while following this program to be quicker and more explosive than ever. Be precise with tracking your progress, work hard, get faster, get quicker, get stronger and remember...

Get ***FAST*** or Be ***LAST***!

Good Luck

TRAINING SCHEDULE

ADVISORY WARNING TO ALL PARTICIPANTS:

PLEASE CONSULT WITH YOUR PERSONAL PHYSICIAN, TEAM COACHES AND TRAINERS BEFORE PARTICIPATING IN ANY OF THE STRENGTH AND CONDITIONING EXERCISES SUGGESTED IN THIS TRAINING MANUAL. CRIS CARTER'S FAST PROGRAM CANNOT GUARANTEE ANY RESULTS OR LEVELS OF INDIVIDUAL OR TEAM ACHIEVEMENT. ALL WARRANTIES OF ANY KIND INCLUDING ANY EXPRESS OR IMPLIED WARRANTIES AS TO MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE OF THE SERVICES, GOODS DESCRIBED OR EQUIPMENT HEREIN ARE HEREBY DISCLAIMED TOGETHER WITH ANY DIRECT, CONSEQUENTIAL, OR INDIRECT DAMAGES, LOSS OF BUSINESS OR BUSINESS EXPECTANCIES OR OPPORTUNITIES, CONTRACTS, COMPENSATORY, PUNITIVE OR ANY OTHER DAMAGES, LOSS OR EXPENSE OF ANY KIND.

BY PARTICIPATING IN THIS PROGRAM YOU DO AGREE TO DO SO AT YOUR SOLE RISK AND THAT CRIS CARTER, FAST PERFORMANCE OR ANY OF ITS EMPLOYEES, OFFICERS, DIRECTORS, TRAINERS, OR AGENTS SHALL NOT BE LIABLE FOR ANY BODILY INJURIES OR DAMAGES, OF ANY DEGREE OR NATURE INCLUDING DEATH, HOWSOEVER CAUSED OR WHERESOEVER OCCURRING OR ARISING OUT OF YOUR PARTICIPATION IN THE EXERCISES OR CONDITIONING PROGRAMS DESCRIBED HEREIN AND YOU HEREBY WAIVE ALL SUCH CLAIMS OR CAUSES OF ACTION.

Six Week Training Schedule

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	Speed Workout #1 Lift, Week 1 Day 1	Conditioning Speed / Agility #1	Lift, Week 1 Day 2	Agility Workout #1	Lift, Week 1 Day 3	Recovery
Recovery	Speed Workout #2 Lift, Week 2 Day 1	Conditioning Speed / Agility #2	Lift, Week 2 Day 2	Agility Workout #2	Lift, Week 2 Day 3	Recovery
Recovery	Speed Workout #3 Lift, Week 3 Day 1	Agility Workout #3	Lift, Week 3 Day 2	Conditioning Speed / Agility #3	Lift, Week 3 Day 3	Recovery
Recovery	Speed Workout #4 Lift, Week 4 Day 1	Agility Workout #4	Lift, Week 4 Day 2	Conditioning Speed / Agility #4	Lift, Week 4 Day 3	Recovery
Recovery	Speed Workout #5 Lift, Week 5 Day 1	Agility Workout #5	Lift, Week 5 Day 2	Conditioning Speed / Agility #5	Lift, Week 5 Day 3	Recovery
Recovery	Speed Workout #6 Lift, Week 6 Day 1	Agility Workout #6	Lift, Week 6 Day 2	Conditioning Speed / Agility #6	Lift, Week 6 Day 3	Recovery

FAST DRILLS

Warm Up / Speed Drills

- *Choose ten of these drills as a warm up to every workout
- *Each drill is to be performed twice each for 10 yards.
- *All drills are performed moving forward or laterally
- *Be sure each body part is addressed (especially Hamstrings, Quads and Hips)

HIGH KNEES

- Drive up knee as high as possible, maintaining chest position and arm drive
- Focus on maintaining a quick high knee drive
- Keep heels off of ground



BUTT KICKS

- Lean forward slightly at the waist
- Point knees to 45° angle towards the ground
- Bring heels to butt rapidly



OPEN DOOR SWINGS

- Place hands behind head
- Bring knee up to 90°
- While knee is raised, rotate leg outward at the hip, then bring back to starting position
- Bring the leg down and repeat with the opposite
- Take big steps in between



KNEE-UP TWISTS

- Place hands behind head
- Bring knee up to 90°
- At the same time, bring opposite elbow down to the raised knee rotating at the waist
- Repeat using opposite leg and arm.
- Take big steps in between



HIGH KNEE BUTT KICKS

- Refer to high knees
- Bring heel to butt on each cycle



HIGH KNEE GRABS → **TOE TOUCH**

- Bring one knee up as high as possible and pull shin into chest with both hands
- With the “high knee” leg, step forward, fully extend it into a straight leg while touching toe and keeping back heel on the ground
- Repeat this with opposite leg
- Take big steps in between



Warm Up / Speed Drills Cont'd

LATERAL CROSS OVER STEP

- Keeping the body in an athletic position, move laterally, hips stay square
- Reach the back leg behind the body, step, returning the body to the starting position
- Next, reach the back leg in front of the body, continue as in previous
- Return, facing the same direction, this time reaching with the other leg



LATERAL OVER WALKS

- Extend one leg as if climbing over a fence, follow with the other leg in the same pattern.
- Be sure to drive your knees up to your chest on both steps



LATERAL UNDER WALKS

- Maintain a low body position throughout the entire drill
- Next, extend one leg low to the ground as if climbing under a fence, follow with the other leg in the same pattern.
- Focus on keeping the body in a low position.



CARIOKE W/ HIP FLEXION

- In lateral stance, rotate back leg in front of front leg
- Continue to switch feet back and forth in a quick manner
- When rotating back leg over the front, use a high, explosive knee drive
- Focus on rotating the hips hard, opening them with each drive



WALKING LUNGES W/HIP FLEXION

- Place hands on your sides
- Bring knee up to 90 degrees, lunge forward, USE BIG STEPS
- On each cycle drive the knee and body up explosively
- Don't let your front knee come over your toes
- Don't let your back knee touch the ground



45° LUNGES W/HIP FLEXION

- Explosively bring knee up to 90 degrees
- While lunging, rotate the leg outward at the hip at about a 45-degree angle
- Keep the foot pointed straight at all times
- Repeat with opposite leg



Warm UP / Speed Drills Cont'd

FORWARD LOW CYCLE LUNGE

- Refer to Lunges with Hip Flexion
- Start in a lunge position
- **STAY LOW, DON'T LET THE BODY COME OUT OF THE STARTING LUNGE POSITION**
- Make each lunge a complete cycle (heel to butt, pull through) from toe off to foot strike, always staying on the toes.



BACK CYCLE LUNGE

- Refer to forward lunge, repeat but move backwards
- Make sure the legs drive straight back, not out to the sides



POWER SKIPS FOR HEIGHT / DISTANCE

- Try to get an explosive push off the ground and try to get as high and far as possible while skipping.
- Repeat with the opposite leg.



LEG SWINGS (FORWARD / LATERAL)

- Try to swing leg forward, back, side to side until you can feel a good stretch.
- Perform 10 each leg each way.



Side Stepper Drills

When Side Stepper drills are called for in your workouts follow the guidelines below:

- One rep equals 12 yards

Week 1: Perform SideStepper Drills #1 - #4 and #11 performing 2 reps of each drill

Week 2: Perform SideStepper Drills #1 - #5 and #10 performing 2 reps of each drill

Week 3: Perform SideStepper Drills #2- #7 and #9 performing 2 reps of each drill

Week 4: Perform SideStepper Drills #3 - #9 and #11 performing 2 reps of each drill

Week 5: Perform SideStepper Drills #3 - #11 performing 2 reps of each drill

Week 6: Perform SideStepper Drills #2 - #11 performing 2 reps of each drill

#1 FORWARD LUNGES W/HIP FLEXION

- Place hands on your sides
- Explosively bring knee up to 90°, lunge forward, USE BIG STEPS
- On each cycle drive the knee and body up explosively



#2 45° LUNGES W/HIP FLEXION

- Explosively bring knee up to 90°
- While lunging, rotate the leg outward at the hip at about a 45° angle
- Keep the foot pointed straight at all times
- Repeat with opposite leg



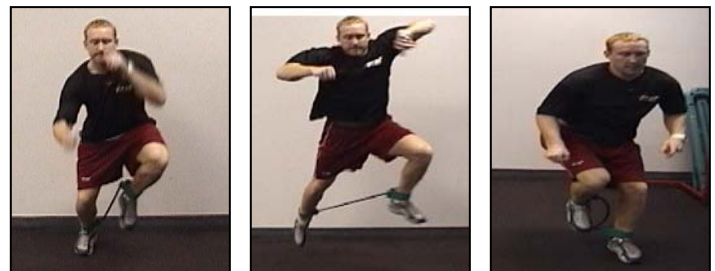
#3 LATERAL LUNGES W/HIP FLEXION

- Explosively bring knee up to 90°
- Take a big lunging step laterally and put the foot down with your toes facing forward, make sure to sit back on the down leg
- Push off the down leg repeat with the other leg
- Repeat with opposite leg



#4 45° BOUND WITH A STICK

- Explosively jump off of one leg at a 45° angle trying to cover as much ground as possible
- Land on your other leg and stick the landing without any little hops.
- Repeat on the other leg for designated distance



#5 LATERAL BOUND WITH A STICK

- Explosively jump off of one leg laterally trying to cover as much ground as possible
- Land on your other leg and stick the landing without any little hops
- Repeat on the other leg for designated distance



SideWinder Drills Cont'd

#6 LATERAL OVER WALKS

- Extend one leg as if climbing over a fence, follow with the other leg in the same pattern.
- Be sure to drive your knees up to your chest on both steps



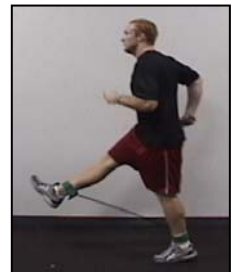
#7 LATERAL UNDER WALKS

- Maintain a low body position
- Next, extend one leg low to the ground as if climbing under a fence, follow with the other leg in the same pattern control your leg on the way back, don't let the cord pull your leg back
- Focus on keeping the body in a low position.



#8 POWER SKIPS FOR HEIGHT / DISTANCE

- Try to get an explosive push off the ground and try to get as high and far as possible while skipping.
- Repeat with the opposite leg.



#9 STIFF LEGGED RUNNING

- Perform regular running form but with knees extended straight out
- Explosively push off of your toes making sure to keep your legs straight the entire time
- Be sure to use proper arm drive as well

#10 LATERAL BOUND 2 OUT 1 BACK WITH A STICK

- Explosively jump off of one leg laterally trying to cover as much ground as possible, complete two of these back to back
- Land on your other leg and explode backward sticking the landing.
- Repeat for designated distance.



#11 LATERAL BOUND RAPID FIRE

- Explosively push off of one leg laterally trying to cover as much ground as possible as quick as possible
- Push off of the same leg the entire time explosively and quickly
- Repeat for designated distance.



Speed Ladder Drills

When ladder drills are called for in your workouts follow the guidelines below:

- Choose a variety of ladder drills and switch them up from week to week making sure by the end of your six weeks you are very proficient at every single drill.

Week 1: Choose 4 linear and 4 lateral drills performing 2 reps of each

Week 2: Choose 4 linear and 4 lateral drills performing 2 reps of each

Week 3: Choose 5 linear and 5 lateral drills performing 2 reps of each

Week 4: Choose 6 linear and 6 lateral drills performing 2 reps of each

Week 5: Choose 7 linear and 7 lateral drills performing 2 reps of each

Week 6: Choose at least 8 linear and lateral drills performing 2 reps of each

Linear (Straight Ahead) Drills

Low Feet 1 in Each: Keeping your feet low to the ground, run through the ladder placing one foot in each box.

L	R	L	R	L	R	L	R
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High Knee 1 in Each: Driving your knees up explosively, run through the ladder putting one foot in each box.

Low Feet 2 in Each: Keeping your feet low to the ground, run through the ladder putting two feet in each box. Do not gallop through the ladder but make sure you are running (proper arm drive etc.). Also Perform this drill leading with the other foot first (i.e. left, right, left, right etc..., right, left, right, left etc...)

L,R	L,R	L,R	L,R	L,R	L,R	L,R	L,R
-----	-----	-----	-----	-----	-----	-----	-----

High Knee 2 in Each: Driving your knees up explosively, run through the ladder putting two feet in each box.

Two Feet Bunny Hops: Go through the ladder performing quick hops keeping your feet together and low to the ground. Focus on getting off the ground as quick as possible.

L,R	L,R	L,R	L,R	L,R	L,R	L,R	L,R
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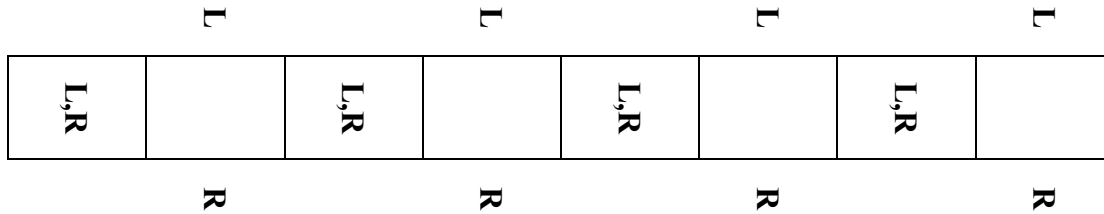
Single Foot Bunny Hops: Go through the ladder performing hops using only one leg the entire time. Be sure to keep your foot low to the ground. Focus on getting off the ground as quick as possible. Perform equal reps on each leg.

L	L	L	L	L	L	L	L
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Bunny Hops 3 FW, 2 BW: Go through the ladder performing hops keeping your feet together and low to the ground. Hop three squares forward and quickly hop two back. Keep this pattern through the whole ladder.

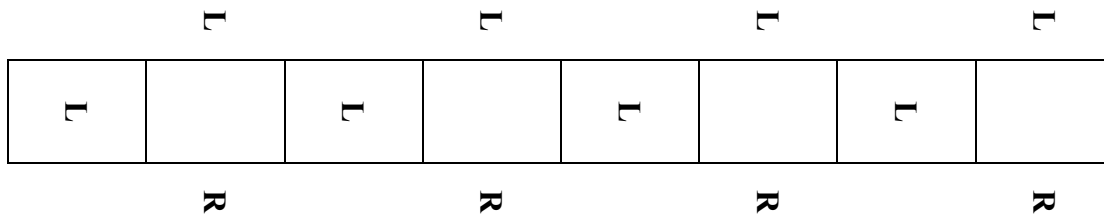
Bunny Hops 2 FW, 1BW: Same as above but keep the pattern as two boxes forward and one box backward through the whole ladder.

Hopscotch: Start with both feet in the first box; jump to the next box putting your feet outside of the ladder. Continue forward in this manner throughout the entire ladder.

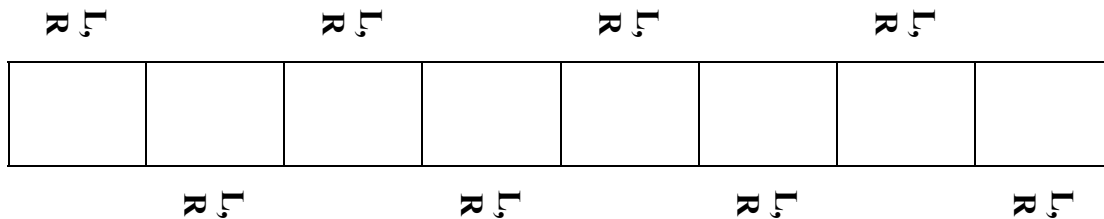


Hopscotch Every Box: Perform the drill same as above except your feet should straddle the ladder at each rung and both feet should land in every box.

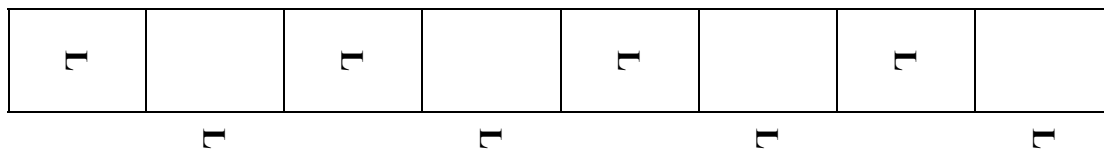
Hopscotch 1 In, 2 Out: Same as above but only one foot is inside the box each time. Perform this drill with both the left and right leg in the box.



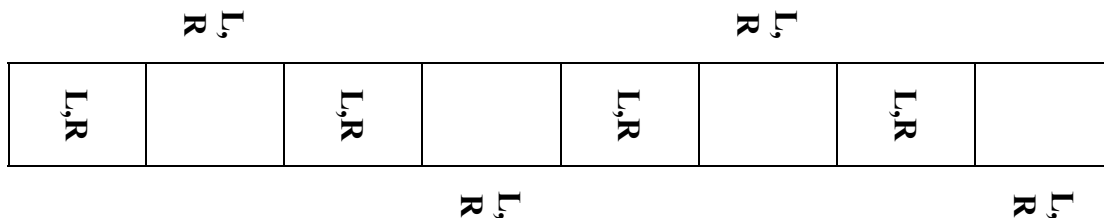
Slalom: This drill is performed on the outside of the ladder only. Keep both feet together make sharp, quick cuts on the outside of the ladder. Keep your hips over the inside part of the ladder.



Single Leg Slalom: Using the outside rope of the ladder, hop from the middle of the box to the outside of the next consecutive box. All changes of direction should be quick and your body should remain over the rope the entire time.

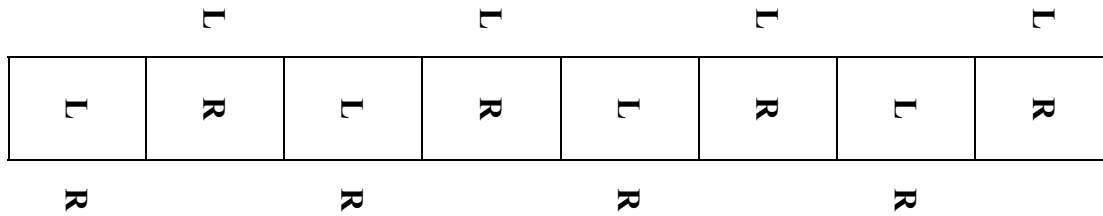


Double Leg Zig Zag: Start with both feet in the box, jump to the left side of the next box. Quickly jump to the inside of the next box and proceeding to the right outside of the next box in succession.

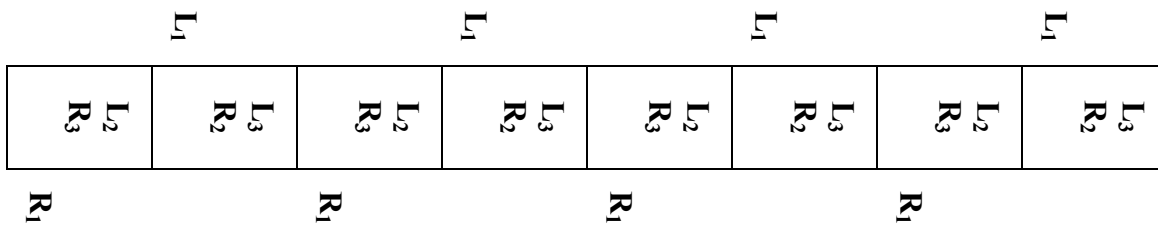


Single Leg Zig Zag: Same as above drill but performed on one leg through the ladder.

Quick Cuts: Start with right foot in the ladder and left foot outside; keep an equal distance between your feet throughout the whole drill. Jump forward to the next box, switching your feet (right outside, left inside).



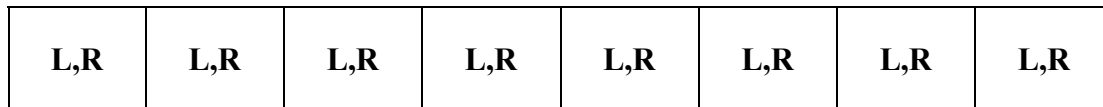
Icky Shuffle: The pattern of this movement is IN-IN-OUT, IN-IN-OUT as you move down the ladder. Starting with your right foot outside the box, step first with your left followed by your right inside the ladder. The next step is with the left foot outside of the box.



Lateral Drills

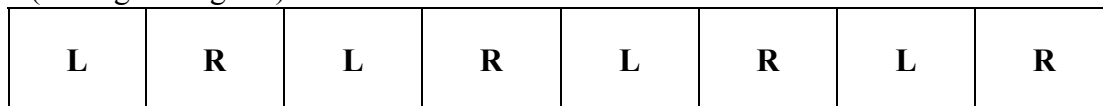
- Every drill described below has the athlete standing sideways to the ladder

Two in Each Box: With your right foot beside the ladder; move the right foot into the first box followed by the left. Move the right foot to the next box; pushing off the left foot. This movement is opposite when coming back.



High Knee Two in Each Box: Same as above except drive your knee high with each step through the ladder.

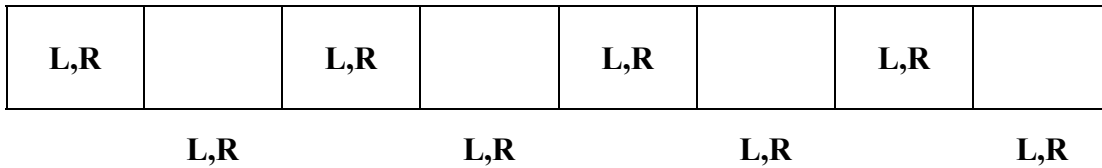
High Knee One in Each Box: Start with your right foot in the ladder. Move your right foot to the next box, followed by the left foot in the box vacated by your displaced right foot. Push off your following leg as you move forward (left leg in diagram).



Low Feet One in Each: Same as above but move feet quickly through ladder.

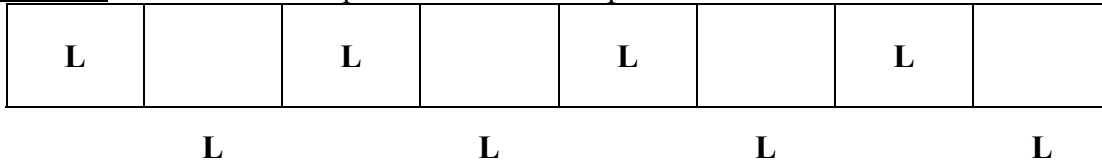
Low Feet One in Each Skipping a Box: Same as above but always leave one box in between your feet. Your weight should shift from one direction to the other while moving down the ladder. Push off your following leg to move down the ladder.

Two In and Two Out Skipping a Box: Starting with both feet in the first box, your first step is with the lead ladder foot (right in the diagram) followed by the left foot. Continue down the ladder with your right foot stepping first in each box.

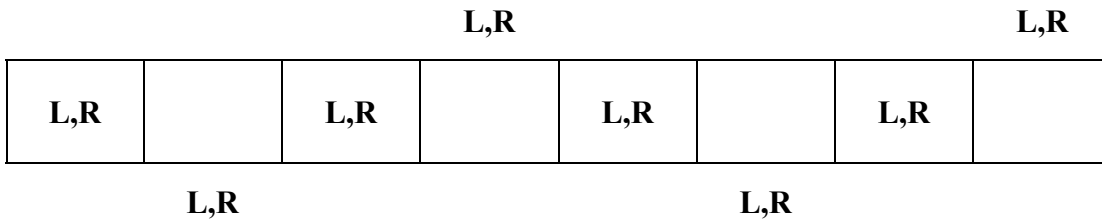


Two In and Two Out: Starting with both feet in the first box, your first step is with the lead ladder foot (right in the diagram) followed by the left foot. Step two feet out at the rungs, and then into the next box. Continue this pattern down the ladder.

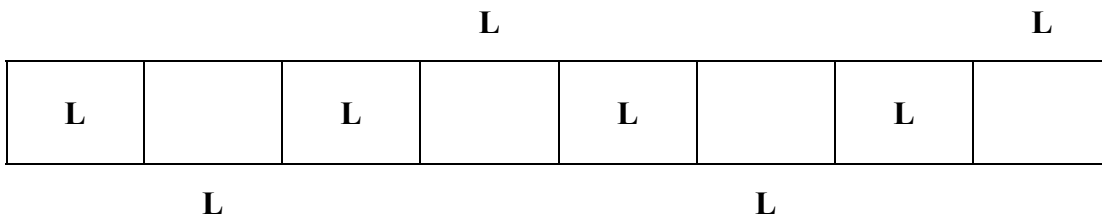
One In and One Out: Follow the same pattern as above but perform on one foot.



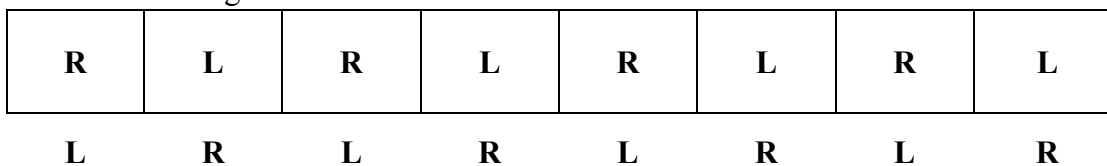
Two In, Two Out Weave: Same as above, except weave both above and below the ladder. Your first step should be with the lead foot of the direction that you are going.



Single Leg Weave: Same as above but perform on a single leg. Work each foot in both directions.



Lateral Scissor: Starting with your right foot in the ladder and your left foot out while straddling the rope. Switch your feet while moving them to the next box in line.



Bunny Hops: Go through the ladder performing hops keeping your feet together and low to the ground. Focus on getting off the ground as quick as possible while keeping your feet perpendicular to the ladder.

L,R	L,R	L,R	L,R	L,R	L,R	L,R	L,R
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One Foot Bunny Hops: Go through the ladder performing hops using only one leg the entire time. Be sure to keep your foot low to the ground and toes perpendicular to the ladder. Focus on getting off the ground as quick as possible. Perform equal reps on each leg.

L	L	L	L	L	L	L	L
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Bunny Hops 3 FW 1 BW: Go through the ladder performing hops keeping your feet together and low to the ground. Hop three squares forward and quickly hop two back. Keep this pattern through the whole ladder.

One Foot Bunny Hops 2 FW 1 BW: Go through the ladder performing hops keeping your feet together and low to the ground. Hop two squares forward and quickly hop one back. Keep this pattern through the whole ladder.

Bunny Hops Skipping a Box: Go through the ladder performing hops keeping your feet together and low to the ground. Skip one box with each jump while keeping feet perpendicular to the ladder.

L,R		L,R		L,R		L,R	
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One Foot Bunny Hops Skipping a Box: Same as above while skipping one box with each jump.

Stability Series

Series #1, Ankle/Lower Extremity

Balance on single leg. Do 20 hops forwards and backwards (hopping front to back is 1 rep) then proceed immediately into 20 side-to-side hops. Continuing to balance on one leg, raise opposite hand and knee. You should be reaching up high above your head. With the raised hand, reach down and touch the toe of the balancing foot 10 times making sure the hand is returning to the starting position over the head. Finish the series by completing 10 calf raises. Uninvolved foot should not touch the ground during or between sets. Repeat with other leg.

Series # 2, Quad/Hamstring

Perform 20 freestanding squats. On the final squat remain in the down position (athletic stance), do 20 “ins and outs” which consist of bringing your feet together and spreading them apart while remaining in a low squat stance (in and out equals 1 rep). Upon completing the “ins and outs”, perform 10 toes touches on the right leg followed immediately by 10 toe touches on the left leg, do 10 double leg tuck jumps. Finish the series by holding the squat position for 20 sec.

Plyometric Series

- All series are performed using the 1-2-3-4 box.
- Toes should be pointing forward the entire time
- Perform drills as quickly as possible staying on the balls of your feet the entire time. Don't slide your feet, pick them up and put them down. Perform every drill for twenty reps (there and back is one rep). Rest about 30 - 60 sec between sets. Find a forgiving surface like a basketball court, track, weight room floor, turf or grass football field. Avoid concrete. Try and get quicker every time you do a drill.

2	3
1	4

Series #1

Double Leg

1. 1 - 2 x 4 sets 2. 1 - 3 x 4 sets 3. 4 - 2 x 4 sets 4. 1 - 4 x 4 sets 5. 1 - 2 - 3 - 1 x 4 sets 6. 4 - 3 - 2 - 4 x 4 sets

Series #2

Double Leg

1. 1 - 2 x 5 sets 2. 1 - 2 - 3 - 4 x 4 sets 3. 1 - 4 - 3 - 2 x 4 sets

Single Leg

1. 1 - 2 x 2 sets each leg 2. 1 - 3 x 2 sets each leg 3. 4 - 2 x 2 sets each leg 4. 1 - 4 x 2 sets each leg

Series #3

Double Leg

1. 1 - 2 x 4 sets 2. 1 - 3 x 4 sets 3. 4 - 2 x 4 sets 4. 1 - 4 x 4 sets 5. 1 - 2 - 3 - 1 x 4 sets 6. 1 - 3 - 2 - 1 x 4 sets
7. 1 - 2 - 3 - 4 x 4 sets 8. 1 - 4 - 3 - 2 x 4 sets

Single Leg

1. 1 - 2 x 2 sets each leg 2. 1 - 3 x 2 sets each leg 3. 4 - 2 - 3 - 4 x 2 sets each leg 4. 1 - 3 - 2 - 1 x 2 sets each leg

SPEED WORKOUTS

Speed Workout #1

Warm Up

- Jog
- Choice of ten warm up drills

Speed Ladder Drills

- Complete Ladder Drills resting 15-20 seconds between reps and for 2 minutes when finished

Speed Workout

- No more than 45 seconds rest between sets and reps

Speed Technique Drills (20 yards = 1 rep)

- Seated Arm Drive- 10 reps each side x 2 sets – Keep arms at 90° & throw elbow back forcefully
- Standing Arm Drive- 10 reps each side x 2 sets – same as above
- Jogging in Place Arm Drive- 10 reps x 2 sets – same as above, jogging in-place
- Clawing Drill- 10 reps x 2 sets – Work on cycling through one leg at a time while standing stationary, you may need to hold on to an object for balance (start in high knee, then claw the ground with your foot, then heel to butt, then pull knee through into a high knee)
- Load & Explode- 5 reps each leg x 4 sets – lean on a wall at 45°, drive knee straight up alternating legs
- Power Skips for Height- x 2 reps – get as high as possible with each skip while concentrating on perfect arm and knee drive
- Power Skips for Distance- x 2 reps – travel as far as possible with each skip while maintaining proper form
- Power Skips for Quickness- x 2 reps – attempt to perform as quickly as possible with minimal height and distance while maintaining proper form

Rest 1.5 - 2 minutes

Sprint/Backpedal Progression- Jog 20 yards / Backpedal back as quickly as you can

- Quick High Knee working on explosive hip flexion / Backpedal back explosively making your strides as long as possible.
- Butt Kick (knee down) working on explosive turnover getting as many reps as you can in twenty yards / Backpedal back exploding heels to butt and taking steps as quick as possible
- Sprint 20 yards and explosively backpedal back exploding heel to butt and taking steps as long as possible
- Repeat Progression one more time

Rest 1.5 - 2 minutes

Conditioning – SPRINT trying to complete in the designated times per position

	<u>Yardage</u>	<u>Reps</u>	<u>Rest</u>
Football, Baseball, Lacrosse, Track, Soccer, Softball	50	8	20-30 sec
Basketball, Tennis, Volleyball	30	10	20

Speed Workout #2

Warm Up

- Jog
- Choice of ten warm up drills

Speed Ladder Drills

- Complete Ladder Drills resting 15 -20 seconds between reps and for 2 minutes when finished

Speed Workout

- No more than 45 seconds rest between sets and reps

Speed Technique Drills (20 yards = 1 rep)

- Seated Arm Drive- 10 reps each side x 2 sets – Keep arms at 90° & throw elbow back forcefully
- Standing Arm Drive- 10 reps each side x 2 sets – same as above
- Jogging in Place Arm Drive- 10 reps x 2 sets – same as above, jogging in-place
- Clawing Drill- 10 reps x 2 sets – Work on cycling through one leg at a time while standing stationary, you may need to hold on to an object for balance (start in high knee, then claw the ground with your foot, then heel to butt, then pull knee through into a high knee)
- Load & Explode- 5 reps each leg x 4 sets – lean on wall at 45°, drive knee up alternating legs
- Straight Legged Bounding - x 2 reps – keep legs completely straight while pushing off the balls of your feet
- Power Skips for Height (10 yards) into Power Skips for Distance (20 yards) x 4 reps
- Power Skips Distance (10 yards) into Power Skips for Height (20 yards) x 4 reps
- Power Skips for Height (15 yards) into Power Skips for Distance (15 yards) into Power Skips for Quickness (15 yards) x 3 reps

Rest 1.5 - 2 minutes

Sprint/Backpedal Progression - Jog 25 yards / Backpedal back as quickly as you can

- Quick High Knee working on explosive hip flexion / Backpedal back explosively making your strides as long as possible.
- Butt Kick (knee down) working on explosive turnover getting as many reps as you can in twenty yards / Backpedal back exploding heels to butt and taking steps as quick as possible
- Sprint 25 yards and explosively backpedal back exploding heel to butt and taking steps as long as possible
- Repeat Progression one more time

Rest 1.5 - 2 minutes

Conditioning – SPRINT trying to complete in the designated times per position

	<u>Yardage</u>	<u>Reps</u>	<u>Rest</u>
Football, Baseball, Lacrosse, Track, Soccer, Softball, Rugby	50	10	20-30 sec
Basketball, Tennis, Volleyball	30	12	20

Speed Workout #3

Warm Up

- Jog
- Choice of ten warm up drills

Speed Ladder Drills

- Complete Ladder Drills resting 15 -20 seconds between reps and for 2 minutes when finished

Speed Workout

- No more than 45 seconds rest between sets and reps

Speed Power Drills (20 yards = 1 rep)

- Dead Leg Run x 2 reps – work on performing an entire cycle with one leg, using the other only for balance while keeping it “dead,” 10 yard sprint
- Power Skips x 2 reps – work cycling through, kicking heel to butt, 10 yard sprint
- Double Leg Cycle Hops for Height x 2 reps – get as high as possible with each hop, cycle feet through (heel to butt, pull knees through) 10 yard sprint
- Double Leg Cycle Hops for Distance x 2 reps – travel as far as possible, cycle through, 10 yard sprint
- Double Leg Cycle Hops for quickness x 2 reps – perform quick, 10 yard sprint
- Single Leg Cycle Hops for Height x 2 reps each leg – 10 yard sprint
- Single Leg Cycle Hops for Distance x 2 reps each leg – 10 yard sprint
- Single Leg Cycle Hops for Quickness x 2 reps each leg – 10 yard sprint

Rest 1.5 - 2 minutes

Sprint Progression (15 yards)

- Falling starts X 4
- 3 point starts X 4
- 3 point start, emphasis quick feet acceleration X 4
- 3 point start, quick feet acceleration 15 yards, then 10 yards striders
- 3 point start, quick feet acceleration 15 yards, then 10 yards butt kicks
- 3 point start, quick feet acceleration 15 yards, then 10 yards high knees
- Repeat Progression one more time

Rest 1.5 - 2 minutes

Sprint/Backpedal Progression - Jog 25 yards / Backpedal back as quickly as you can

- Quick High Knee working on explosive hip flexion / Backpedal back explosively making your strides as long as possible.
- Butt Kick (knee down) working on explosive turnover getting as many reps as you can in twenty yards / Backpedal back exploding heels to butt and taking steps as quick as possible
- Sprint 25 yards and explosively backpedal back exploding heel to butt and taking steps as long as possible

Rest 1.5 - 2 minutes

Conditioning – SPRINT trying to complete in the designated times per position

	<u>Yardage</u>	<u>Reps</u>	<u>Rest</u>
Football, Baseball, Lacrosse, Track, Soccer, Softball, Rugby	70	10	25 sec
Basketball, Tennis, Volleyball	40	12	20

Speed Workout #4

Warm Up

- Jog
- Choice of ten warm up drills

Speed Ladder Drills

- Complete Ladder Drills resting 15 -20 seconds between reps and for 2 minutes when finished

Speed Workout

- No more than 45 seconds rest between sets and reps

Speed Power Drills (20 yards = 1 rep)

- Dead Leg Run x 2 reps – work on performing an entire cycle with one leg, using the other only for balance while keeping it “dead,” 10 yard sprint
- Power Skips x 2 reps – work cycling through, kicking heel to butt, 10 yard sprint
- Double Leg Cycle Hops for Height x 2 reps – get as high as possible with each hop, cycle feet through (heel to butt, pull knees through) 10 yard sprint
- Double Leg Cycle Hops for Distance x 2 reps – travel as far as possible, cycle through, 10 yard sprint
- Double Leg Cycle Hops for quickness x 2 reps – perform quick, 10 yard sprint
- Single Leg Cycle Hops for Height x 2 reps each leg – 10 yard sprint
- Single Leg Cycle Hops for Distance x 2 reps each leg – 10 yard sprint
- Single Leg Cycle Hops for Quickness x 2 reps each leg – 10 yard sprint

Rest 1.5 - 2 minutes

Sprint Progression

- Push up starts 15 yards X 4
- Jog 15 yards/ Sprint 15 yards
- Jog 10 yards, Bound 10 yards, Sprint 10 yards
- Jog with High knees 10 yards / Sprint 10 yards
- Jog 10 yards, Bound 10 yards, Sprint 10 yards
- Jog with heels to butt 10 yards, Sprint 10 yards
- Repeat Progression one more time

Rest 2 – 3 minutes

Sprint/Backpedal Progression - Jog 20 yards / Backpedal back as quickly as you can

- Quick High Knee working on explosive hip flexion / Backpedal back explosively making your strides as long as possible
- Butt Kick (knee down) working on explosive turnover getting as many reps as you can in twenty yards / Backpedal back exploding heels to butt and taking steps as quick as possible
- Sprint 25 yards and explosively backpedal back exploding heel to butt and taking steps as long as possible

Rest 2 – 3 minutes

Conditioning – SPRINT trying to complete in the designated times per position

	<u>Yardage</u>	<u>Reps</u>	<u>Rest</u>
Football, Baseball, Lacrosse, Track, Soccer, Softball, Rugby	70	12	25 sec
Basketball, Tennis, Volleyball	40	14	20

Speed Workout #5

Warm Up

- Jog
- Choice of ten warm up drills

Speed Ladder Drills

- Complete Ladder Drills resting 15 -20 seconds between reps and for 2 minutes when finished

Speed Workout

- No more than 45 seconds rest between sets and reps

Speed Endurance Drills (30 yards = 1 rep)

Flying Runs (rest for 30 - 45 seconds after each set)

- 3 reps – Jog 10 yards, Sprint 85% for 20 yards, Jog 10 yards
- 3 reps – Build up for 10 yards, sprint 30 yards, Jog 10 yards
- 3 reps – Sprint 30 yards

Striders (concentrate on lengthening your stride but do not reach out, that is how hamstring pulls occur).

- 3 reps – Jog 10 yards, progressively stride out 20 yards
- 3 reps – Stride out 30 yards picking while cycling (heels to butt, pull knees through)

Rest 3 – 5 minutes

Sprint Progression

- Push up starts 15 yards X 4
- Jog 15 yards/ Sprint 15 yards
- Jog 12 yards, Bound 12 yards, Sprint 12 yards
- Jog with High knees 12 yards / Sprint 12 yards
- Jog 12 yards, Bound 12 yards, Sprint 12 yards
- Jog with heels to butt 12 yards, Sprint 12 yards
- Repeat Progression one more time

Rest 3 – 5 minutes

Conditioning – SPRINT trying to complete in the designated times per position

	<u>Yardage</u>	<u>Reps</u>	<u>Rest</u>
Football, Baseball, Lacrosse, Track, Soccer, Softball, Rugby	110	8	35 sec
Basketball, Tennis, Volleyball	100	6	35
Gassers (cones 25 yards apart, down back down back is one rep)			

Speed Workout #6

Warm Up

- Jog
- Choice of ten warm up drills

Speed Ladder Drills

- Complete Ladder Drills resting 15 -20 seconds between reps and for 2 minutes when finished

Speed Workout

- No more than 45 seconds rest between sets and reps

Speed Endurance Drills (30 yards = 1 rep)

Flying Runs (rest for about 30 seconds after each set)

- 3 reps – Jog 10 yards, Sprint 85% for 20 yards, Jog 10 yards
- 3 reps – Build up for 10 yards, sprint 30 yards, Jog 10 yards
- 3 reps – Sprint 30 yards

Striders (concentrate on lengthening your stride but do not reach out, that puts a lot of unneeded stress on the hamstrings).

- 3 reps – Jog 10 yards, progressively stride out 20 yards
- 3 reps – Stride out 30 yards picking while cycling (heels to butt, pull knees through)

Rest 3 – 5 minutes

Sprint Progression

- Push up starts 15 yards X 4
- Jog 15 yards/ Sprint 15 yards
- Jog 12 yards, Bound 12 yards, Sprint 12 yards
- Jog with High knees 12 yards / Sprint Back
- Jog 12 yards, Bound 12 yards, Sprint 12 yards
- Jog with heels to butt 12 yards, Sprint back
- Repeat Progression one more time

Rest 3 – 5 minutes

Sprint/Backpedal Progression - Jog 25 yards / Backpedal back as quickly as you can

- Quick High Knee working on explosive hip flexion / Backpedal back explosively making your strides as long as possible
- Butt Kick (knee down) working on explosive turnover getting as many reps as you can in twenty yards / Backpedal back exploding heels to butt and taking steps as quick as possible
- Sprint 25 yards and explosively backpedal back exploding heel to butt and taking steps as long as possible

Rest 2 – 3 minutes

Conditioning – SPRINT trying to complete in the designated times per position

	<u>Yardage</u>	<u>Reps</u>	<u>Rest</u>
Football, Baseball, Lacrosse, Track, Soccer, Softball, Rugby	110	9	30 sec
Basketball, Tennis, Volleyball	100	7	30
Gassers (cones 25 yards apart, down back down back is one rep)			

AGILITY WORKOUTS

Agility Workout #1

Warm Up

- Jog
- Choice of ten warm up drills

SideStepper Drills

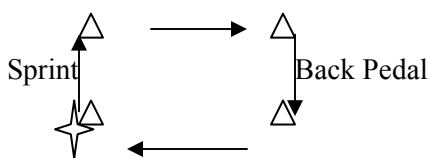
- Complete SideWinder Drills resting 15 -20 seconds between reps and for 2 minutes when finished

Agility Workout

- no more than 1 minute rest between sets and reps

Agility Cutting Drills- Perform drills as quickly as possible making your cuts as sharp as possible

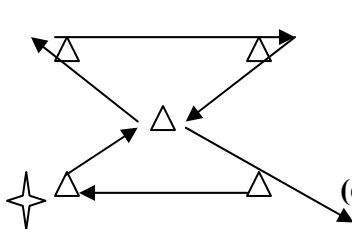
1. Four cone drill - Space markers 7 yards apart



- Set 1 – Side Shuffle
- Set 2 – Quick Feet Carioke
- Set 3 – High Knee Carioke
- Set 4 – Lateral Explosions – explode laterally (jump) from one foot to the other

(e.g. Set 1: Sprint, side shuffle right, back pedal, side shuffle left)

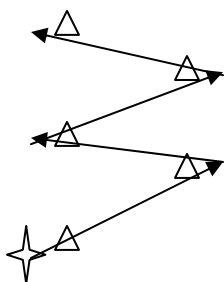
2. Star Drill – Space markers 8 yards apart



- Set 1 – Side Shuffle
- Set 2 – Quick Feet Carioke
- Set 3 – High Knee Carioke
- Set 4 – Lateral Explosions – explode laterally (jump) from one foot to the other

(e.g. Set 1: Side Shuffle pivot left, Side Shuffle pivot right, etc)

3. W- Drill (20 yards) – Space markers 7 yards apart



- Set 1 – Sprint
- Set 2 – Sprint
- Set 3 – Shuffle

Plyometric Series

- Perform Plyometric Series #1

Single Leg Stability Series – emphasis on lower body joint stability

- Perform series #1

Agility Workout #2

Warm Up

- Jog
- Choice of ten warm up drills

SideStepper Drills

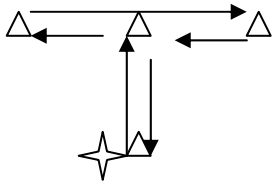
- Complete SideWinder Drills resting 15 -20 seconds between reps and for 2 minutes when finished

Agility Workout

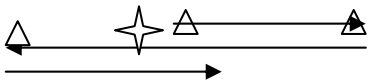
- No more than 1 minute rest between sets and reps

Agility Cutting Drills- Perform drills as quickly as possible making your cuts as sharp as possible

1. T - Drill - Space markers 7 yards apart Start by sprinting forward to the straight ahead cone, make a sharp stop, shuffle to the left cone, shuffle to the far right cone, shuffle back to the middle and backpedal home. Perform 6 reps with 1-minute rest between reps.

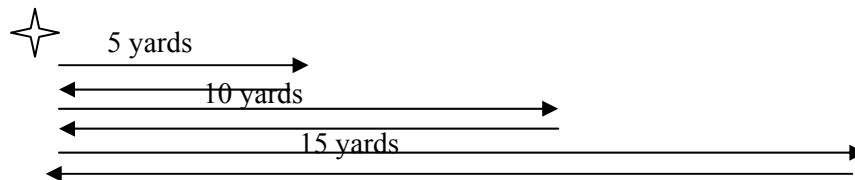


2. Short Shuttle Drill – Space markers 5 yards apart. Start in the middle, turn and sprint to the right cone, touch with your right foot, explode out and run to the far left cone, touch with your left foot and sprint all the way through the middle. Perform equal reps going to each side. Perform 4 reps with 1-minute rest between reps.



Conditioning – SPRINT trying to complete in the designated times per position

Long Shuttle Drill – sprint 5 yards out and back, 10 yards out and back, 15 yards out and back facing the same way for the entire drill



	Yardage	Reps	Rest
Football, Baseball, Lacrosse, Track, Soccer, Softball, Rugby	60	6	45 sec
Basketball, Tennis, Volleyball	60	6	45

Agility Workout #3

Warm Up

- Jog
- Choice of ten warm up drills

SideStepper Drills

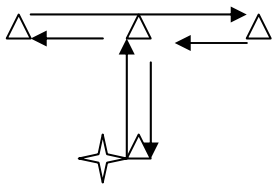
- Complete SideWinder Drills resting 15 -20 seconds between reps and for 2 minutes when finished

Agility Workout

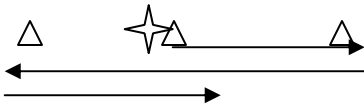
- No more than 1 minute rest between sets and reps

Agility Cutting Drills- Perform drills as quickly as possible making your cuts as sharp as possible

1. **T - Drill** - Space markers 7 yards apart Start by sprinting forward to the straight ahead cone, make a sharp stop, shuffle to the left cone, shuffle to the far right cone, shuffle back to the middle and backpedal home. Perform 5 reps with 1-minute rest between reps.



2. **Short Shuttle Drill** – Space markers 5 yards apart. Start in the middle, turn and sprint to the right cone, touch with your right foot, explode out and run to the far left cone, touch with your left foot and sprint all the way through the middle. Perform equal reps going to each side. Perform 5 reps with 1-minute rest between reps.

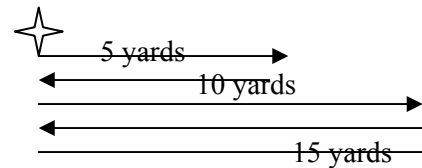


Plyometric Series

- Perform Plyometric Series #2

Conditioning – SPRINT trying to complete in the designated times per position

Long Shuttle Drill – sprint 5 yards out and back, 10 yards out and back, 15 yards out and back facing the same way for the entire drill



	Yardage	Reps	Rest
Football, Baseball, Lacrosse, Track, Soccer, Softball, Rugby	60	7	40 sec
Basketball, Tennis, Volleyball	60	6	45

Agility Workout #4

Warm Up

- Jog
- Choice of ten warm up drills

SideStepper Drills

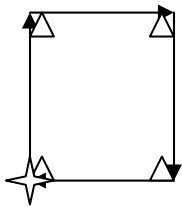
- Complete SideWinder Drills resting 15 -20 seconds between reps and for 2 minutes when finished

Agility Workout

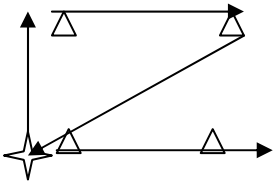
- No more than 1 minute rest between sets and reps

Agility Cutting Drills- Perform drills as quickly as possible making your cuts as sharp as possible

1. 4 Cone Drill #1- Space markers 7 yards apart. This drill is all straight ahead running. Start at the star and follow the diagram always making sure to cut on your outside foot. Every cut for the first 3 reps will be off of your left foot (starting from the bottom left cone) the final 3 will be off of your right foot starting from the other side (bottom right cone.)



2. 4 Cone Drill #2 – Space markers 7 yards apart. Space markers 7 yards apart. This drill is all straight ahead running. Start at the star and follow the diagram always making sure to cut on your outside foot. Perform 4 reps of this drill.



Stability Series – emphasis on lower body joint stability

- Perform Series #1 and #2

Conditioning – SPRINT trying to complete in the designated times per position

	<u>Yardage</u>	<u>Reps</u>	<u>Rest</u>
Football, Baseball, Lacrosse, Track, Soccer, Softball, Rugby	60	10	35 sec
Basketball, Tennis, Volleyball	60	10	35

Agility Workout #5

Warm Up

- Jog
- Choice of ten warm up drills

SideStpper Drills

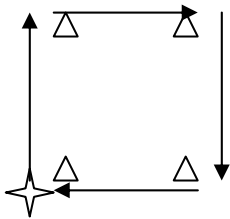
- Complete SideWinder Drills resting 15 -20 seconds between reps and for 2 minutes when finished

Agility Workout

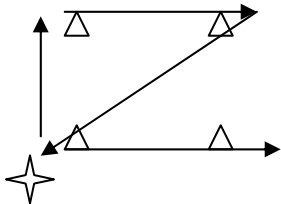
- No more than 1 minute rest between sets and reps

Agility Shuffle Drills- Perform drills as quickly as possible making your cuts as sharp as possible

4 Cone Drill #1- Space markers 7 yards apart. This drill is all lateral (explosive shuffling). Start at the star, every pivot for the first 3 reps will be to the right, be sure to stay low and finish the drill as quickly as possible. The final 3 reps you will start from the bottom right cone and every pivot will be to the left. This is an explosive drill so be explosive!



2. 4 Cone Drill #2- Space markers 7 yards apart. This drill is all lateral (explosive shuffling). Start by shuffling to the first cone, pivot right, shuffle to second cone, pivot right, shuffle to the third cone, pivot left, and finish through the final cone. Perform 3 reps following these instructions and 3 reps doing the exact opposite starting at the bottom right cone (going the other way)



Plyometric Series

Perform Plyometric Series #3

Stability Series – emphasis on lower body joint stability

- Perform Series #1 & #2, two times each

Conditioning – SPRINT trying to complete in the designated times per position

All Sports

<u>Yardage</u>	<u>Reps</u>	<u>Rest</u>
60	12	35 sec

Agility Workout #6

Warm Up

- Jog
- Choice of ten warm up drills

SideStepper Drills

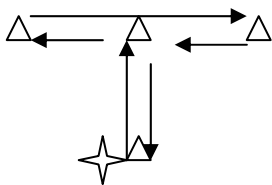
- Complete SideWinder Drills resting 15 -20 seconds between reps and for 2 minutes when finished

Agility Workout

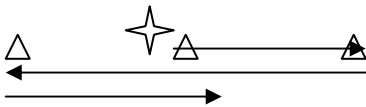
- No more than 1 minute rest between sets and reps

Agility Cutting Drills- Perform drills as quickly as possible making your cuts as sharp as possible

1. T - Drill - Space markers 7 yards apart Start by sprinting forward to the straight ahead cone, make a sharp stop, shuffle to the left cone, shuffle to the far right cone, shuffle back to the middle and backpedal home. Perform 6 reps with 1-minute rest between reps.



2. Short Shuttle Drill – Space markers 5 yards apart. Start in the middle, turn and sprint to the right cone, touch with your right foot, explode out and run to the far left cone, touch with your left foot and sprint all the way through the middle. Perform equal reps going to each side. Perform 6 reps with 1-minute rest between reps.



Plyometric Series

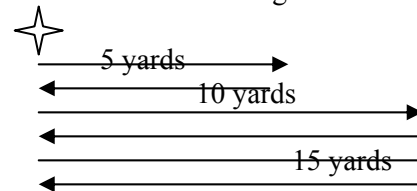
- Perform Plyometric Series #3

Stability Series – emphasis on lower body joint stability

- Perform Series #1 & #2, two times each

Conditioning – SHUFFLE trying to complete in the designated times per position

Long Shuttle Drill – shuffle 5 yards out and back, 10 yards out and back, 15 yards out and back facing the same way for the entire drill. Be explosive.



All Sports

Yardage	Reps	Rest
60	6	35 sec

CONDITIONING WORKOUTS

Conditioning Workout #1

Warm Up

- Jog
- Choice of ten warm up drills

Side Stepper Drills

- Complete ½ (your choice) of called for SideStepper Drills resting 15 -20 seconds between reps and for 2 minutes when finished

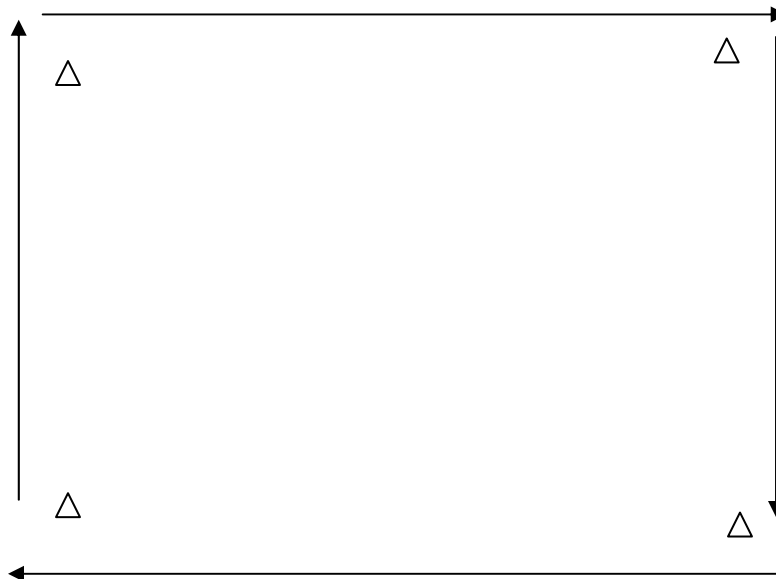
Ladder Drills

- Complete ½ (your choice) of called for Ladder Drills resting 15 -20 seconds between reps and for 2 minutes when finished

Conditioning

1. Big Box Drill – Space markers 12 yards apart

- Reps 1-4, Sprint, Rest 25 seconds between reps
- REST 1.5 min.
- Reps 5-8, Shuffle, Rest 25 seconds between reps
- REST 1.5 min.
- Reps 9-12, Backpedal, Rest 25 seconds between reps
- REST 3 min.



2. 20 Yard Sprints

- Perform 8 reps at full speed with 25 seconds between reps
- REST 2 min.
- Perform 8 more reps at full speed with 25 seconds between reps

3. 5 – 10 minute jog

Conditioning Workout #2

Warm Up

- Jog
- Choice of ten warm up drills

SideStepper Drills

- Complete ½ (your choice) of called for SideStepper Drills resting 15 -20 seconds between reps and for 2 minutes when finished

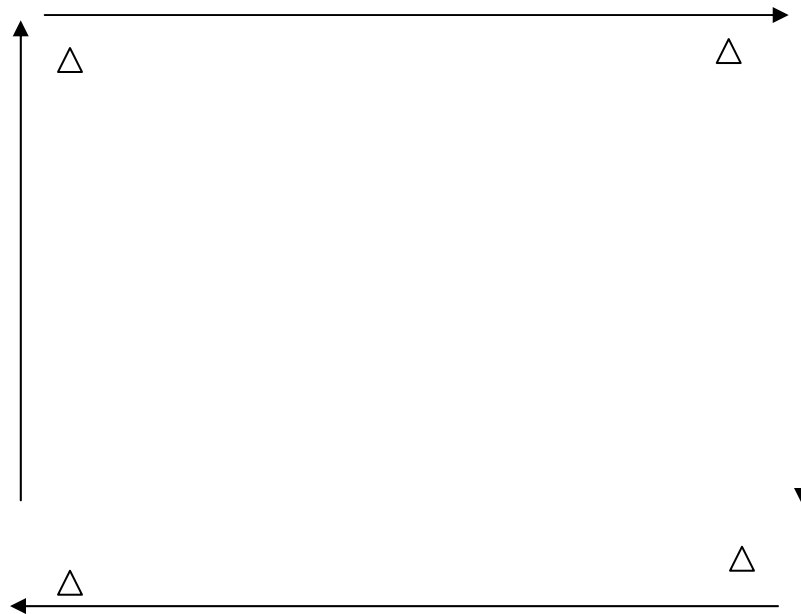
Ladder Drills

- Complete ½ (your choice) of called for Ladder Drills resting 15 -20 seconds between reps and for 2 minutes when finished

Conditioning

1. Big Box Drill – Space markers 12 yards apart

- Reps 1-4, Sprint, Rest 20 seconds between reps
- REST 1.5 min.
- Reps 5-8, Shuffle, Rest 20 seconds between reps
- REST 1.5 min.
- Reps 9-12, Backpedal, Rest 20 seconds between reps
- REST 3 min.



2. 20 Yard Sprints

- Perform 8 reps at full speed with 20 seconds between reps
- REST 2 min.
- Perform 8 more reps at full speed with 20 seconds between reps

3. 5 – 10 minute jog

Conditioning Workout #3

Warm Up

- Jog
- Choice of ten warm up drills

SideStepper Drills

- Complete ½ (your choice) of called for SideStepper Drills resting 15 -20 seconds between reps and for 2 minutes when finished

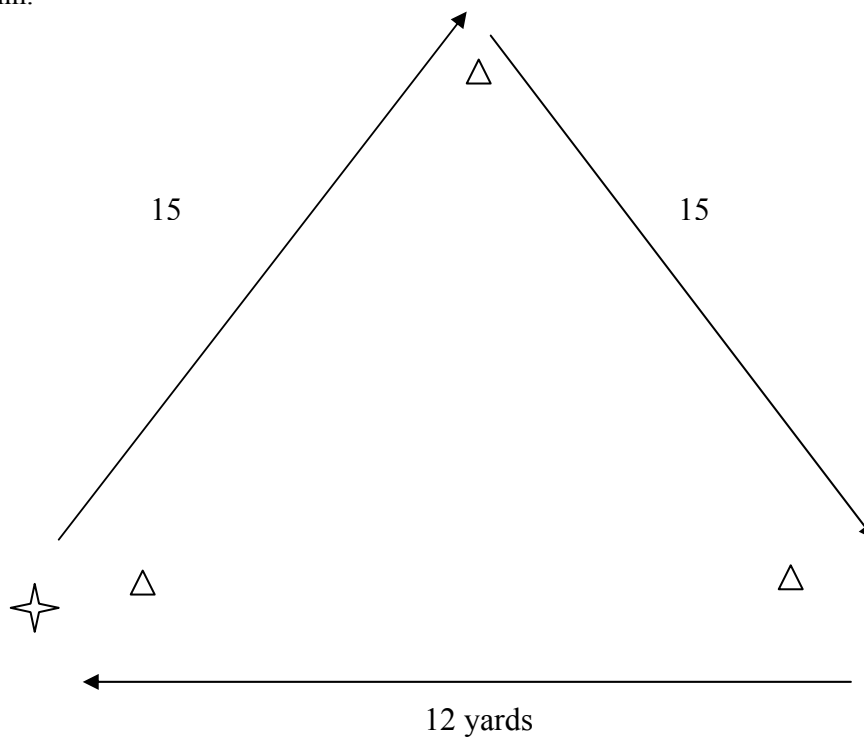
Ladder Drills

- Complete ½ (your choice) of called for Ladder Drills resting 15 -20 seconds between reps and for 2 minutes when finished

Conditioning

1. Triangle Drill – work on exploding out of your cuts and making them as sharp as possible

- Reps 1-4, Sprint, Rest 20 seconds between reps
- REST 1.5 min.
- Reps 5-8, Shuffle, Rest 20 seconds between reps
- REST 1.5 min.
- Reps 9-12, Backpedal, Rest 20 seconds between reps
- REST 3 min.



2. 20 Yard Forward / Backpedal Sprints

- Space your markers 20 yards apart
- Sprint 20 yards and backpedal back, down back down back counts as one rep.
- Perform 5 reps with 35 seconds rest between reps, after your fifth rep rest 1.5 minutes
- Perform 5 more reps

3. 5 – 10 minute jog

Conditioning Workout #4

Warm Up

- Jog
- Choice of ten warm up drills

SideStepper Drills

- Complete ½ (your choice) of called for SideStepper Drills resting 15 -20 seconds between reps and for 2 minutes when finished

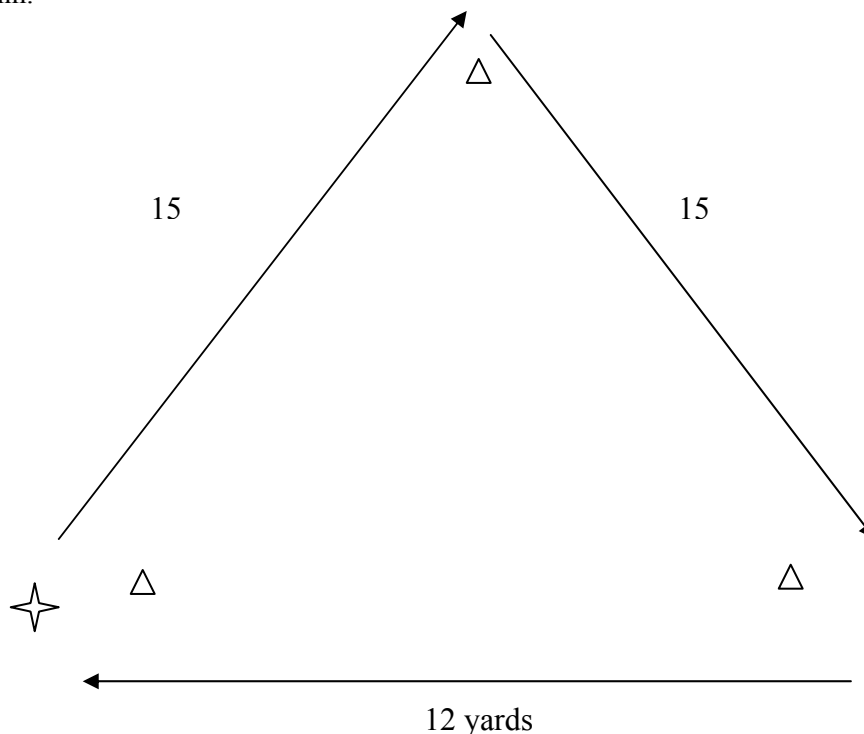
Ladder Drills

- Complete ½ (your choice) of called for Ladder Drills resting 15 -20 seconds between reps and for 2 minutes when finished

Conditioning

1. Triangle Drill – work on exploding out of your cuts and making them as sharp as possible

- Reps 1-4, Sprint, Rest 20 seconds between reps
- REST 1.5 min.
- Reps 5-8, Shuffle, Rest 20 seconds between reps
- REST 1 min.
- Reps 9-12, Backpedal, Rest 20 seconds between reps
- REST 2 min.



2. 20 Yard Forward / Backpedal Sprints

- Space your markers 20 yards apart
- Sprint 20 yards and backpedal back, down back down back counts as one rep.
- Perform 6 reps with 35 seconds rest between reps, after your fifth rep rest 1.5 minutes
- Perform 6 more reps

3. 5 – 10 minute jog

Conditioning Workout #5

Warm Up

- Jog
- Choice of ten warm up drills

SideStepper Drills

- Complete ½ (your choice) of called for SideStepper Drills resting 15 -20 seconds between reps and for 2 minutes when finished

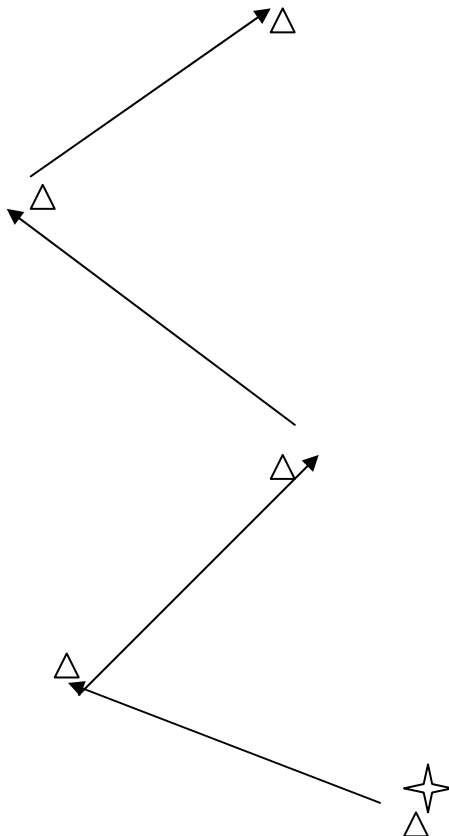
Ladder Drills

- Complete ½ (your choice) of called for Ladder Drills resting 15 -20 seconds between reps and for 2 minutes when finished

Conditioning

1. W - Drill – work on exploding out of your cuts and making them as sharp as possible

- Place cones 10 yards apart
- Reps 1-4, Sprint, Rest 20 seconds between reps
- REST 1 min.
- Reps 5-8, Shuffle, Rest 20 seconds between reps
- REST 1 min.
- Reps 9-12, Backpedal, Rest 20 seconds between reps
- REST 1.5 min.



2. 2 minute Run

- Run for 2 minutes around your respective playing surface trying to complete as many laps as you can
- REST 4 minutes
- Run for 2 minutes again around your playing surface trying to beat your first total

3. 10 minute jog

STRENGTH WORKOUTS

Strength Program Week One

Rest period between sets and exercises: 1 - 2 minutes

Day One: Upper Body Strength

Bench Press		12x	12x	12x
Push-Ups		20x	20x	Failure
DB Shoulder Press		12x	12x	12x
Pull - Ups (WG)		10x	10x	Failure
Lat Pulldown (front)		12x	12x	12x
S/A DB Row		12x	12x	12x
Back Extensions		12x	12x	12x
Biceps (choice)		12x	12x	12x
Abdominals		100		

Day Two: Lower Body Strength

Squats or Leg Press		12x	12x	12x
Front Step Ups		12x	12x	12x
Lateral Step Ups		12x	12x	12x
Leg Extensions		12x	12x	12x
Hamstring Curls		12x	12x	12x
Standing Calf Raises		12x	12x	12x
Back Extensions		12x	12x	12x
Abdominals		100		

Day Three: Upper and Lower Strength

Incline Bench Press		12x	12x	12x
Clap Push-Ups		20x	20x	Failure
DB Forward Lunges		12x	12x	12x
DB Lateral Lunges		12x	12x	12x
Seated Row		12x	12x	12x
Stiff-legged Deadlift		12x	12x	12x
Front and Rear Shoulder Raises		12x	12x	12x
Triceps (choice)		12x	12x	12x
Abdominals		100		

Key: DB = Dumbbell
 WG = Wide Grip
 S/A = Single Arm
 S/L = Single Leg

Strength Program Week Two

Rest period between sets and exercises: 1 - 2 minutes

Day One: *Upper Body Strength*

Bench Press		12x	12x	10x
Push-Ups		20x	20x	Failure
DB Shoulder Press		12x	12x	10x
Pull - Ups (WG)		10x	10x	Failure
Lat Pulldown (front)		12x	12x	10x
S/A DB Row		12x	12x	10x
Back Extensions		12x	12x	10x
Biceps (choice)		12x	12x	10x
Abdominals		100		

Day Two: *Lower Body Strength*

Squats or Leg Press		12x	12x	10x
Front Step Ups		12x	12x	10x
Lateral Step Ups		12x	12x	10x
Leg Extensions		12x	12x	10x
Hamstring Curls		12x	12x	10x
Standing Calf Raises		12x	12x	10x
Back Extensions		12x	12x	10x
Abdominals		100		

Day Three: *Upper and Lower Strength*

Incline Bench Press		12x	12x	10x
Clap Push-Ups		20x	20x	Failure
DB Forward Lunges		12x	12x	10x
DB Lateral Lunges		12x	12x	10x
Seated Row		12x	12x	10x
Stiff-legged Deadlift		12x	12x	10x
Front and Rear Shoulder Raises		12x	12x	10x
Triceps (choice)		12x	12x	10x
Abdominals		100		

Key:

- DB = Dumbbell
- WG = Wide Grip
- S/A = Single Arm
- S/L = Single Leg

Strength Program Week Three

Rest period between sets and exercises: 1 - 2 minutes

Day One: Upper Body Strength

DB Bench Press	10x	10x	10x
MB Push-ups	20x	20x	Failure
Front Military Press	10x	10x	10x
DB Fly	10x	10x	10x
NG Chin-Ups	10x	10x	Failure
Lat Pulldown	10x	10x	10x
Biceps (choice)	10x	10x	10x
Back Extensions (add wt)	10x	10x	10x
Abdominals	100		

Day Two: Lower Body Strength

S/L Squat or S/L Press	10x	10x	10x
Front Step Ups (2 sec hold at top)	10x	10x	10x
Lateral Step Up (2 sec hold at top)	10x	10x	10x
S/L Leg Extensions	10x	10x	10x
S/L Hamstring Curls	10x	10x	10x
Seated Calf Raises	10x	10x	10x
Back Extensions (add wt)	10x	10x	10x
Abdominals	100		

Day Three: Upper and Lower Strength

DB Incline Bench Press	10x	10x	10x
Explosive Push-Ups	20x	20x	Failure
DB Walking Lunges	10x	10x	10x
DB Lateral Lunges	10x	10x	10x
Seated Row	10x	10x	10x
Stiff-legged Deadlift	10x	10x	10x
Side and Rear Shoulder Raises	10x	10x	10x
Triceps (choice)	10x	10x	10x
Abdominals	100		

Key:

DB = Dumbbell
 WG = Wide Grip
 S/A = Single Arm
 S/L = Single Leg
 NG = Narrow Grip

Strength Program Week Four

Rest period between sets and exercises: 1 - 2 minutes

Day One: *Upper Body Strength*

DB Bench Press	10x	8x	8x
MB Push-ups	25x	25x	Failure
Front Military Press	10x	8x	8x
DB Fly	10x	8x	8x
NG Chin-Ups	10x	10x	Failure
Lat Pulldown	10x	8x	8x
Biceps (choice)	10x	8x	8x
Back Extensions (add wt)	10x	8x	8x
Abdominals	125		

Day Two: *Lower Body Strength*

S/L Squat or S/L Press	10x	8x	8x
Front Step Ups (2 sec hold at top)	10x	8x	8x
Lateral Step Up (2 sec hold at top)	10x	8x	8x
S/L Leg Extensions	10x	8x	8x
S/L Hamstring Curls	10x	8x	8x
Seated Calf Raises	10x	8x	8x
Back Extensions (add wt)	10x	8x	8x
Abdominals	125		

Day Three: *Upper and Lower Strength*

DB Incline Bench Press	10x	8x	8x
Explosive Push-Ups	25x	25x	Failure
DB Walking Lunges	10x	8x	8x
DB Lateral Lunges	10x	8x	8x
Seated Row	10x	8x	8x
Stiff-legged Deadlift	10x	8x	8x
Side and Rear Shoulder Raises	10x	8x	8x
Triceps (choice)	10x	8x	8x
Abdominals	125		

Key:

- DB = Dumbbell
- WG = Wide Grip
- S/A = Single Arm
- S/L = Single Leg
- NG = Narrow Grip

Strength Program Week Five

Rest period between sets and exercises: 1 - 2 minutes

Day One: Upper Body Strength

DB Bench Press	8x	6x	6x
MB Push-ups	25x	25x	Failure
DB SA Alternating Shoulder Press	8x	6x	6x
DB Fly	8x	6x	6x
NG Chin-Ups	15x	15x	Failure
Lat Pulldown	8x	6x	6x
Biceps (choice)	8x	6x	6x
Back Extensions (add wt)	8x	6x	6x
Abdominals	150		

Day Two: Lower Body Strength

S/L Squat or S/L Press	8x	6x	6x
Body Weight Squat Jumps	8x	6x	6x
In Place Skate Hops	8x	6x	6x
S/L Leg Extensions	8x	6x	6x
S/L Hamstring Curls	8x	6x	6x
Seated Calf Raises	8x	6x	6x
Back Extensions (add wt)	8x	6x	6x
Abdominals	150		

Day Three: Upper and Lower Strength

DB Incline Bench Press	8x	6x	6x
Decline Push-ups	25x	25x	Failure
DB Walking Lunges	8x	6x	6x
DB Walking Lateral Lunges	8x	6x	6x
S/A Bent-over Row	8x	6x	6x
Stiff-legged Deadlift	8x	6x	6x
Side and Rear Shoulder Raises	8x	6x	6x
Triceps (choice)	8x	6x	6x
Abdominals	150		

Key:

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 WG = Wide Grip
 S/A = Single Arm
 S/L = Single Leg
 NG = Narrow Grip

Strength Program Week Six

Rest period between sets and exercises: 1 - 2 minutes

Day One: Upper Body Strength

DB Bench Press	8x	8x	8x
MB Push-ups	25x	25x	Failure
DB SA Alternating Shoulder Press	8x	8x	8x
DB Fly	8x	8x	8x
NG Chin-Ups	15x	15x	Failure
Lat Pulldown	8x	8x	8x
Biceps (choice)	8x	8x	8x
Back Extensions (add wt)	8x	8x	8x
Abdominals	150		

Day Two: Lower Body Strength

S/L Squat or S/L Press	8x	8x	8x
Body Weight Squat Jumps*	8x	8x	8x
Lateral Bound**	8x	8x	8x
S/L Leg Extensions	8x	8x	8x
S/L Hamstring Curls	8x	8x	8x
Seated Calf Raises	8x	8x	8x
Back Extensions (add wt)	8x	8x	8x
Abdominals	150		

Day Three: Upper and Lower Strength

DB Incline Bench Press	8x	8x	8x
Decline Push-ups	25x	25x	Failure
DB Walking Lunges	8x	8x	8x
DB Walking Lateral Lunges	8x	8x	8x
S/A Bent-over Row	8x	8x	8x
Stiff-legged Deadlift	8x	8x	8x
Side and Rear Shoulder Raises	8x	8x	8x
Triceps (choice)	8x	8x	8x
Abdominals	150		

Key:

DB = Dumbbell
 WG = Wide Grip
 S/A = Single Arm
 S/L = Single Leg
 NG = Narrow Grip

* Perform Squat Jumps directly following each set of squat

** Perform bound in place, explosively pushing off one leg and landing on the other

POST WORKOUT COOL DOWN

Post Workout Cool Down

STANDING HAMSTRING STRETCH

- Keeping your knees slightly bent, bend over and try to touch toes
- Hold for 20 seconds
- Perform 3 times trying to get a little deeper each time



STANDING HAMSTRING STRETCH (CROSSOVER)

- Keeping your knees slightly bent, cross one leg over the other
- Try and touch your toes
- Hold for 20 seconds
- Perform 3 times on each leg trying to get a little deeper each time



OUTER HIP STRETCH

- Lying on your back, cross one leg over the other (joining ankle to knee)
- Grab your extended leg and try to pull to your chest
- Hold for 20 seconds
- Perform 3 times on each leg trying to get a little deeper each time



BUTTERFLY STRETCH

- In a seated position, bring your heels as close to your groin as you can
- Place your elbows on your knees and try to push your knees to the ground
- Hold for 20 seconds
- Perform 3 times trying to get a little deeper each time



QUAD / HIP FLEXOR STRETCH

- Assume a lunge position with your knee touching the ground
- Place your hands on your knee and try to drive your hips forward while keeping your knee in a stationary position
- Keep an upright body position
- Hold for 20 seconds
- Perform 3 times on each leg



NUTRITIONAL GUIDELINES

Eating for Peak Performance

Athletes train well in advance to get in shape and to gain that competitive edge. However, the area of nutrition is often overlooked and can make a major difference in strength, endurance, health and overall performance.

Carbohydrates: Let's start by taking a look at carbohydrates. Our body uses carbohydrate as its main energy source, which breaks down into glycogen to fuel the muscles. Low-carb diets can cause glycogen depletion, which can lead to fatigue, irritability, increased risk of injury and reduced performance. While high protein, low-carb diets are the new fad; they don't work long term for weight loss, and are especially risky for the athlete. Studies show that perception of fatigue is directly related to muscle glycogen stores.

There are basically two types of carbohydrate: complex and simple. Complex carbs are composed of long chains of glucose molecules and break down slowly while simple carbs are the shorter chains. It's easy to identify simple carbs because they taste sweet. Complex carbs are the starchy foods.

Complex Carbohydrates: These are foods that break down more slowly and provide your muscles with a longer, more constant source of energy. This makes them important before your workouts.

Some examples of complex carbs include:

- Breads and cereals
- potatoes
- beans and peas
- rice
- pasta
- corn

Simple Carbohydrates: These foods are great for recovery. Have you ever noticed that you have days where you feel really strong and other times where things just don't go as well? You may fatigue sooner or just not be able to perform or concentrate as well. This can often be due to inadequate recovery or low muscle glycogen stores. Refueling after a workout is extremely important for replacing glycogen stores. Research has shown that there's a window of about 30 minutes after an event where the body is most able to 'soak up' and replace the glycogen in the muscles. You might want to go for a massage or a shower but make sure to get the carbs in first.

Simple carbs include:

- Fruit
- Sports drinks
- Juices
- High-carb sports bars

Protein: Proteins are made up of amino acids and are important for building, repairing and maintaining muscle. While it's important to get enough protein, many athletes may be getting too much. Protein that is not

needed by the body and is not burned off will be stored as fat. Probably the biggest risk of excess protein is not getting the carbohydrates needed to maintain and replace muscle glycogen stores. You need the energy from carbs to fuel and build muscle!

Factors affecting an athlete's protein needs include:

- Body composition- More protein is required to maintain greater muscle mass and size.
- Intensity and duration of exercise- Longer and more difficult workouts require more protein.
- Starting an endurance or strength training program- Protein needs increase at the start of an endurance or strength training program. Increasing muscle mass requires much more protein than maintaining muscle mass.
- Amount of carbohydrates and fat in the diet- If the body doesn't get enough carbs (and fat) for fuel-it will use protein as an energy source.
- Recovery from illness or injury- An athlete who is recovering from an injury or fracture will need more protein for healing.
- Growing teenage athletes-Teen-age athletes need enough protein for their sport as well as for growth.

Complete proteins are foods that contain all of the essential amino acids.

Complete proteins include:

- meat, chicken, turkey, fish
- milk, yogurt and cheese
- eggs

Vegetarian diets: Protein is found in both plant and animal sources so that it's possible for the vegetarian athlete to get enough protein from plant sources. Contrary to popular belief, it's not necessary to 'combine proteins' to make a complete protein-you just need to eat a variety of these foods throughout the day.

Incomplete proteins include:

- breads and cereals
- corn
- potato
- pasta
- rice
- beans
- tofu

Fat: Fat has been given a bad name but it's actually very important for health. It's a concentrated source of energy for the body, providing 9 calories per gram instead of the 4 calories provided by carbohydrate or protein.

Fat is important for the absorption of vitamins A, D, E and K, which are the fat-soluble vitamins; it also provides padding and protection for vital organs. The problem is that most of us get too much fat which can

contribute to an increase in body fat and overall weight. A high fat diet also takes longer to digest and can make you feel sluggish. Fat intake should be no more than 30% of total calories consumed.

Some tips to keep fat intake below 30% include:

- Limit/avoid fried foods
- Choose lean meats and trim visible fat off meats
- Limit high-fat meats such as hotdogs, salami, bologna, sausage
- Watch the amount of commercial baked goods and chips
- Watch the amount of salad dressing or use low-fat dressing
- Choose low-fat dairy products
- Use butter and margarine sparingly

Fluid Intake: Watch your fluid intake! Thirst is not a good indicator because by the time you're feeling thirsty, your body is well past the point of needing fluid. This could prove critical when working out in a warm, humid environment or during an endurance event. Water acts as a coolant to keep the body from overheating. As our body temperature rises, we sweat to release heat. Our body is about 60% water and as little as a 2% loss of fluid can adversely affect performance. In a 150-pound person this amounts to a weight loss of only 3 pounds. Weighing yourself before and after workouts is an easy way to assess fluid losses. For every pound lost, replace it with about a pint (16-ounces) of water or fluid replacement. Many of us walk around in a mild state of dehydration. Get into the healthy habit of carrying a bottle of water with you and drink throughout the day.

If you're looking to improve your performance it's important to stay focused on your hydration!

Here are some tips:

- Drink at least 16 ounces up to 2 hours before your event. This can be in the form of a sports drink or water. Keep in mind that the kidneys take 60-90 minutes to process the fluids so you may want to start early.
- Drink 4-8 ounces right before your workout or competition.
- Try to drink at least 4-ounces every 15 minutes during exercise. This means not passing the drink stations and not just pouring the water on your head!
- Drink on a schedule-not just when you're thirsty.
- Mix it up. If you're working out or competing for more than an hour you should be including a sports drink to replace your electrolytes (sodium and potassium) and also adding some carbs to the mix.
- Find a sports drink that you like so that you'll be inclined to drink more. I have many clients who can't stand the taste of their sports drink and it really affects their fluid intake.
- After exercise continue to drink water or a sports drink. Try to include 2 cups for every pound lost.

Water versus Sports Drinks: Sports drinks contain four main ingredients: water, carbohydrates (6-10%), sodium and potassium which are lost during long periods of exercise. If you're exercising or competing for greater than an hour at a time and you're looking to improve your performance level, then a sports drink will help. Find one that you like so that you'll be more inclined to drink more.

Fast Foods-We all have those times when we're in a hurry and there's no time to make a good meal. The drive-thru is easy and fast but the food is usually high in fat, cholesterol, sugar and salt without much in the way of nutrients. While it's not easy, you can get a decent meal at a fast food restaurant. Just keep these tips in mind.

- Avoid deep fried foods such as french fries, fish sandwiches.
- Watch the mayo and limit the cheese
- Watch your portions. Most restaurants now have super-sized portions. A large milkshake from most fast food restaurants is over 500 calories!
- Look for fruits, vegetables, yogurts, and baked potatoes

<i>Instead of This</i>		<i>Have This</i>	
Quarter pounder with cheese	540	Grilled chicken sandwich	400
Large fries	520	Side salad with lowfat dressing	45
Large Coke	310	Orange juice 12 oz	150
Total calories	1370 calories	Total calories	595 calories

Weight Gain, Gain muscle not Fat! To gain weight you need to consume more calories than you burn off. While this sounds simple in theory, it's often difficult for an athlete to put on weight. Trying to bulk up too fast may put more fat on your body than muscle. The key to increasing size is to gain the weight slow and steady.

Here are some tips:

- Include regular meals. This means not skipping meals and making food a priority and part of your training program.
- Include between-meal snacks that are high in nutrient density and low in fat. Some examples include fruit, yogurt, sports bars, cereal and milk.
- Drink juices and sports drinks with meals for additional calories.

Weight Loss: Losing weight without compromising performance can be a delicate balance. A quick weight loss program can interfere with performance and can cause muscle loss and depletion of glycogen stores.

One of the first steps to weight loss is to evaluate your fat intake since fat contains more calories than other foods and contributes most to body fat. By cutting back on fat you can eat larger portions and still lose the weight. Try replacing some high-fat foods with fruits and vegetables. Instead of having chips or french fries try having fruit or a salad with low-fat dressing. Not only are you reducing calories but you're also eating a lot healthier.

- Don't skip meals-Your body doesn't know the difference between dieting and starvation. Skipping meals is the surest way to slow down your metabolism!

- Include high-fiber foods-These foods will fill you up without making you fat. They include fruits. Vegetables and whole grains such as whole-wheat bread, brown rice and oatmeal.
- Limit sodas and juices-Many people don't understand why they're gaining weight. They say they're not eating much but often they're drinking a good amount of their calories.
- Limit alcohol-Drinking 2 beers daily can mean a weight gain of a pound a month or 12 pounds in a year. It adds up!
- Eat breakfast-Skipping breakfast to save calories is not an effective weight loss strategy. By eating breakfast you'll have more energy during the day and will be less likely to overeat at your next meal. If you're not hungry for breakfast it could be that you're eating too much at your evening meal. This is one of the best ways to jumpstart your metabolism.

Body Fat: The ideal range for body fat depends on gender and the sport and position played. Most athletes try to reduce their body fat-but there is an optimal level based on the sport and going too low can compromise performance just as much as being too high. An acceptable body fat for the general population is between 15-18% for men and 20-25% for women. However for an athlete the optimal ranges (depending on the sport) may be 5-12% for men and 10-20% for women.

Supplements: Vitamins are needed in the diet as catalysts for metabolic processes in the body. The best source of vitamins is your food, however there are circumstances where a vitamin supplement could be helpful. Just keep in mind that vitamins are not a substitute for eating healthy. Many athletes take supplements with little knowledge of how vitamins work and without knowing the right dose. People often think that if a little is good, more is better, or that if it comes from a health food store it can't be harmful. Vitamins are required in very small amounts. Too much of a particular vitamin can cause an imbalance with other vitamins or can even damage the liver. If you were to total all the necessary vitamins that you need in a day it would only be an eighth of a teaspoon.

Fat-Soluble Vitamins Since fat-soluble vitamins are stored, they can build up to toxic levels if too much is taken. The fat-soluble vitamins include vitamins A, D, E and K.

Vitamin A	Carrots, spinach, cantaloupe, liver, eggs	Assists in formation of healthy skin and hair, ability to see in dim light.	Blurred vision, headache nausea, liver damage
Vitamin D	Vitamin D fortified milk, liver, tuna, salmon Our body can also synthesize vitamin D from being out in the sun	Aids in formation of healthy bones and teeth, assists in absorption of calcium	Nausea, bone weakening, Kidney stones
Vitamin E	Vegetable oils, whole-grain cereal and breads, wheatgerm	Aids in formation of red blood cells, protects fats from oxidation	Headache, muscle weakness Blurred vision, fatigue
Vitamin K	Green leafy vegetables, pork, liver, grains	Necessary for normal blood clotting	No symptoms have been observed-can interfere with Blood thinning medications

Water-Soluble Vitamins-The water-soluble vitamins include the eight B vitamins along with vitamin C. These vitamins are not stored to any great extent and need to be replenished daily.

	Good food sources	Main functions	Risks of excess
Vitamin B1 (Thiamin)	Wholegrain and enriched breads and cereals, peas, beans, pork, liver	Aids in release of energy from carbohydrate	None known
Vitamin B2 Riboflavin	Milk, meat, dark green leafy vegetables, enriched breads and cereals	Necessary for healthy skin and nervous system	None known
Vitamin B3 Niacin	Wholegrain and enriched breads and cereals, nuts, beans, meat, liver	Aids in release of energy from carbohydrate, necessary for growth and hormone production	Abnormal liver function, flushed skin
Vitamin B6 Pyridoxine	Whole grain (but not enriched) breads and cereals, liver, avocado, bananas, fish, poultry, nuts	Aids in the absorption and metabolism of proteins, assists in formation of red blood cells.	Large amounts taken over a period of time can cause nerve damage
Vitamin B-12 Cobalamin	Only found in animal foods: meat, fish, eggs, liver, nutritional yeast	Aids in formation of red blood cells, assists with function of the nervous system	None known
Folacin (Folic acid)	Green leafy vegetables, beans and peas	Aids in formation of red blood cells and healthy nervous system	Can mask a B12 deficiency, can build up in the body
Pantothenic acid	Salmon, chicken, yogurt, milk, corn, egg	Aids in metabolism of protein, carbohydrate, fat	Diarrhea, water retention
Biotin	Egg, wheatgerm, oats	Aids in metabolism of protein, carbohydrate, fat	One known
Vitamin C	Citrus fruits, tomatoes, strawberries, peppers, potatoes	Aids in formation of collagen, helps maintain capillaries, bones and teeth. Helps protect other vitamins from oxidation	Kidney and bladder stones, may cause B12 deficiency

Making Small Changes Can Add Up Big

Doughnut	12	Bagel	2
Granola (1 Cup)	15	Cheerios (1 cup)	1
Danish	10	Toast with jam	2
Whole milk	8	Skim milk (1 cup)	0
Caesar salad-medium	40	Large garden salad	0
Roll & butter (2 pats)	10	Plain roll	1
Hotdog on bun	10	Turkey sandwich	3
Cheeseburger	26	Ham on rye w/mustard	7
Tuna packed in oil	7	Tuna packed in water	1
Milkshake	9	Iced tea	0
Lobster Newburg (1 cup)	39	Steamed lobster-4 oz	1

6 oz fried chicken (with skin)	30	4 oz flounder	8
Chicken wing, fried	7	4 oz grilled chicken (no skin)	4
French fries	10	Baked potato w/fat-free sourcream	0
Broccoli with cheese sauce (1 cup)	17	Broccoli steamed (1 cup)	0
Fried rice (1 cup)	13	Steamed rice (1 cup)	0
Cheese cake (1/12 cake)	21	Angel food cake 1/10th cake strawberries and 3 tablespoons light whipped topping	3
Vanilla ice cream (1 cup)	14	Sorbet (1 Cup)	0
Pudding (1 cup)	8	Jello (1 cup)	0

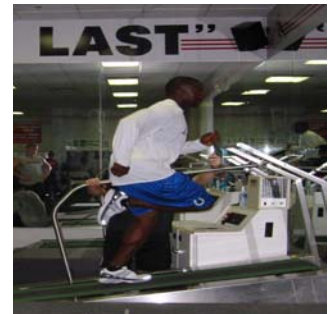
FAST ALUMNI

Our impressive list of **FAST** athletes included **DAUNTE CULPEPPER** of the Minnesota Vikings and **VINCE CARTER** of the Toronto Raptors. Draft eligible players in various professional sports have taken advantage of The FAST Program to help increase their overall stock. **JAMAL LEWIS** was selected as the first running back (5th overall) in 2000. **CHARLES ROGERS** was selected as the first wide receiver (2nd overall) in the 2003 NFL draft, and **LARRY FITZGERALD** was the first wide receiver (3rd overall) taken in the 2004 NFL draft. Below is a partial list of athletes who have trained at The **FAST Program**.

NFL

“You’ve got to be dedicated and disciplined if you want to go into the FAST Program and make progress. They focus on everything you really need in the game of football.” **Jamal Lewis RB Baltimore Ravens**

Cris Carter WR	Retired	Randy Moss WR	Minnesota Vikings
Ricky Williams RB	Miami Dolphins	David Boston WR	San Diego Chargers
Jamal Lewis RB	Baltimore Ravens	Plaxico Burress WR	Pittsburgh Steelers
Ki-Jana Carter RB	New Orleans Saints	Jabar Gaffney WR	Houston Texas
Zach Crockett RB	Oakland Raiders	Travis Taylor WR	Baltimore Ravens
James Jackson RB	Cleveland Browns	Aaron Beasley DB	New York Jets
Daunte Culpepper QB	Minnesota Vikings	Dale Carter DB	New Orleans Saints
Ralph Brown DB	New York Giants	Tyrone Carter SS	Minnesota Vikings
Ray Lucas QB	Free Agent	Deon Grant FS	Carolina Panthers
Doug Chapman RB	Minnesota Vikings	Fred Smoot DB	Washington Redskins
Anquan Boldin WR	Arizona Cardinal	Deltha O’Neal DB	Denver Broncos
Larry Fitzgerald WR	Arizona Cardinals		
Charles Rogers WR	Detroit Lions		
Kenny Wright DB	Houston Texans		
Issac Bruce WR	St. Louis Rams		
Reche Caldwell WR	San Diego Chargers		
Qadry Ismail WR	Free Agent		
Desmond Howard KR/PR	Free Agent		
Jermaine Lewis WR	Jacksonville Jaguars		
David Terrell WR	Chicago Bears		
Stockar McDougle OL	Detroit Lions		
Dwayne Rudd LB	Tampa Bay Bucs		
Mike Flynn OL	Baltimore Ravens		
Mike Doss DB	Indianapolis Colts		
Dan Morgan LB	Carolina Panthers		



PROFESSIONAL BASKETBALL

“My agility and strength increased as a result of my participating in The FAST Program. The staff helped me prepare for the NBA.” **Ron Artest Indiana Pacers**

Ron Artest	Indiana Pacers	Vince Carter	Toronto Raptors
Ed Cota	Free Agent	John Crotty	Free Agent
Antonio Davis	Toronto Raptors	Tony Farmer	Free Agent
Ed Gray	European League	Melvin Johnson	European League
Tracy McGrady	Orlando Magic	Mamadou N’Diaye	Toronto Raptors
Samali Samaki	Free Agent	Irving Thomas	European League
Delon Turner	European League	Charlie Ward	New York Knicks
John Wallace	Miami Heat		

PROFESSIONAL BASEBALL

“The FAST Program prepared me for my season by increasing my strength, speed, and conditioning.” **Jeff Conine**

Craig Counsel
Curtis Pride
Jeff Conine
Mark Johnson
Chris Stynes
Mark Gruzzielank
Ruben Quevedo
Mike Rodriguez

Arizona Diamondbacks
New York Yankees
Florida Marlins
Oakland A’s
Colorado Rockies
Chicago Cubs
Milwaukee Brewers
Houston Astros

John Castellano
Mike Lamb
Kurt Abbot
Juan Pierre
Fernando Seguingol
Britt Reames
Dontrelle Willis
Kevin Davidson

Seattle Mariners
Texas Rangers
Atlanta Braves
Florida Marlins
New York Yankees
Montreal Expos
Florida Marlins
Houston Astros

OTHER PRO ATHLETES

Amanda Coetzer
Vince Spadea
Vera Zvonareva
Kristin Schritter
Kim Yankowski
Ryan Howison
Dave DiPierro
Adam Roberts

Tennis
Tennis
Tennis
Beach Volleyball
Soccer Carolina Courage
Golf
Beach Volleyball
Beach Volleyball

Casey Powell
Teri Van Dyke
Jimmy VanZwieten
Kristy Whelchel
Ryan Denunzio

Lacrosse
Beach Volleyball
Beach Volleyball
Soccer New York Power
MLS