

# ATHLETIC REPUBLIC™

**SUMMER 2010**

## **FOOTBALL ACCELERATION**

**8 week programs | 16 or 32 2-hour sessions | 2 or 4 times per week**

**Athletic Republic, America's premier science-based performance sports training company, offers athletes a competitive edge over any other sports training program.**

Athletic Republic athletes know that whether you're new to football or competing for a Division I scholarship, if you work hard to increase your speed, power and agility, you hold a significant advantage over those who don't train with Athletic Republic. We will help you improve your playmaking skills while using proprietary training methods to help prevent injuries. We take sports well beyond the weight room, to a place where patented equipment, groundbreaking assessment tools, integrated video and performance management software provide a rock-solid framework for evaluating and developing your skills and capabilities.

Over 600,000 athletes of all ages, including more than 2,500 Olympic and professional athletes, have relied on Athletic Republic and our certified trainers to manage their workouts, hone their running mechanics and increase their speed and agility.



**"Training with the equipment and protocols at Athletic Republic really helped me improve my speed and first-step explosiveness."**

*— Darren McFadden,  
Oakland Raiders Running Back*



**15% OFF\* ANY SUMMER PROGRAM**

WHEN YOU SIGN UP BY SATURDAY, MAY 15, 2010



290 VANDERBILT AVENUE, NORWOOD

call today! **781 352 2501** [athleticrepublicnorwood.com](http://athleticrepublicnorwood.com)

\*Cannot be combined with any other offer or promotion. Program must be paid in full at sign up.

**WE HAVE THE ATHLETE DOWN TO A SCIENCE.™**



**ATHLETIC  
REPUBLIC**

# FOOTBALL ACCELERATION

**16 or 32 2-hour sessions**  
**8 weeks**  
**2 or 4 times per week**  
**Pre & post testing**



Nationally, average improvements with our programs are:

- ☆ 0.20 second decrease in 40-yard dash time
- ☆ 20% greater leg strength
- ☆ 2-4" increase in vertical jump, increase in explosive power
- ☆ 50% improvement in rate of recovery
- ☆ 33% quicker feet

Our Summer AR Football Acceleration programs consist of 16 or 32 2-hour sessions specifically designed for the football player.

## SCHEDULE

Summer 2010 AR Football Acceleration times: 8-10am; 4-6pm

- **Two day program \$475** Tuesday & Thursday for 8 weeks
- **Four day program \$875** Monday, Tuesday, Wednesday & Thursday for 8 weeks

### SAMPLE WEEK

#### MONDAY

Dynamic Warmup  
Running Treadmill  
Skills  
Weight Training

#### TUESDAY

Dynamic Warmup  
Skills  
Plyometric Training  
Weight Training

#### WEDNESDAY

Dynamic Warmup  
Running Treadmill  
Skills  
Weight Training

#### THURSDAY

Dynamic Warmup  
Skills  
Agility  
Weight Training

### Running Treadmill

Players run on Athletic Republic Super Treadmills (at speeds of up to 28 MPH and 40° incline) and are taught proper running mechanics, stride efficiency and power make a faster, quicker runner.

### Weight Training

Football players need functional strength to throw farther, defend better and catch more easily. A sound weight-training program promotes stability and reduces the risk of injury. The exercises are biomechanically specific to on-field skills including muscle movements used in blocking, running and defending pass routes.

### Plyometric Training

Players perform specific plyometric drills for increased motor performance (coordination), explosive power, vertical jump height, lateral power and rotation, and landing strength. Combines elements of both speed and strength in single movement patterns that include the Athletic Republic PlyoPress, cord technology, longitudinal and vertical jumps, box jumps, and medicine ball drills for upper body and middle body torso power.

### Agility

Athletes learn a variety of agility drills, including advanced ground-based agility patterns and use of a speed ladder. Ground-based agility patterns are conducted on our indoor field turf.

### Skills



## COMMITMENT. DISCIPLINE.

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Owned and operated by Precision Speed & Strength, Inc.