



"Building your Athletic & Fitness Facility from the Bottom Up!"

Design - Equipment - Flooring - Bands - Consulting

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I'm excited to be able to offer this dynamic 74 minute DVD that is the most comprehensive instructional DVD for today's athlete. No matter the sport, any athlete will benefit from the excellent training and guidance of **Allan Johnson** from the Ohio State University and **Mickey Marotti** from The University of Florida.



Mickey Marotti

One of 36 people in the world to hold the Master Strength and Conditioning (MSCC) certification. He has coached numerous first round picks in both the NFL and NBA Drafts.

Allan Johnson

National Strength and Conditioning Coach of the Year in 2002. He is also a member of the National Strength and Conditioning Coaches Hall of Fame.

STRENGTH, AGILITY & QUICKNESS

STRENGTH:

The amount of force a muscle exerts against resistance.

AGILITY:

The ability to change direction without loss of speed, balance, or body control.

QUICKNESS:

The ability to act or react in the fastest manner possible.

You will become a better athlete from this training video by incorporating the principals and instruction given by Allan and Mickey. Together they have trained athletes from high school, college, and professional sports levels.

Learn from the best in the business and you will increase your Strength, Agility and Quickness and reach your dreams!

ONLY \$39.95