



Quick Start Guide

> Getting Set Up <

Print your workouts out ahead of time. You should have 2 sheets of paper, one speed and one strength for the 3-weeks. Save the workout / PDF in dropbox or on your phone so you can pull up the exercise videos if you need to, just click the exercise and you'll be taken to a demo and key coaching points of the exercises.

We also recommend you KNOW YOUR initial SPRINT time for your 10 yard and for your 40 yard dash. If you had access to lasers, those are the most accurate but if not use what you have so we assume you'll be using a stopwatch with a friend / training partner. (use the same friend every time you test).

Have him start on the 10 or 40-yard dash line and as soon as he sees you move he starts the time, and then ends the time as soon as you cross the 10 or 40-yard marker. DO NOT USE YOUR PHONE! Try to use an actual stopwatch if you have one.

Get 1 or 2 attempts and take your best time, then we will re-test at the very end of the program.

Remember, stopwatches can have .24 second variance and are subject to human error! So that means if you run a 5.00 that could be range from 4.88 to 5.12 (subtracting .12 or adding .12 to your time =.24)

> Track Progress <

Nothing keeps you more motivated to keep training than seeing results, so here's what we recommend:

1. Take a before picture for your personal records. Wear what clothes you feel comfortable in but you'll see the most drastic progress with minimal clothing. Guys work best in shorts and no shirt. Girls t-shirt / sports bra and shorts.
2. Schedule a testing day to establish your current speed. We recommend 10 and 40 yard sprint times, use the boxes we provided. Secondary, if you want to test your squat and bench press, you can do that aswell, but we are mainly focusing on speed.

SPEED

10 Yd PRE		10 Yd POST		40 Yd PRE		40 Yd POST	
Rep 1		Rep 1		Rep 1		Rep 1	
Rep 2		Rep 2		Rep 2		Rep 2	
Rep 3		Rep 3		Rep 3		Rep 3	
Average		Average		Average		Average	

POWER

Broad Jump PRE		Broad Jump POST		Vertical Jump PRE		Vertical Jump POST	
Rep 1		Rep 1		Rep 1		Rep 1	
Rep 2		Rep 2		Rep 2		Rep 2	
Rep 3		Rep 3		Rep 3		Rep 3	
Average		Average		Average		Average	

STRENGTH

Squat PRE		Squat POST		Bench Press PRE		Bench Press POST	
Weight		Weight		Weight		Weight	
# of Reps		# of Reps		# of Reps		# of Reps	
Max		Max		Max		Max	