

## **Video #5 in the Speed Training Secrets Series How To Get Faster**

**[www.speedtrainingsecrets.com/howtotrainforspeed/?setuser=1198](http://www.speedtrainingsecrets.com/howtotrainforspeed/?setuser=1198)**

I hope these video lessons you have been watching have been helpful and given you the motivation to get out there and excel in your sport with more speed and quickness in all of your athletic activities.

AthleticQuickness.com offers several training programs designed to condition muscles to carry on fast twitch responses.

This means that:

Your means you muscles will be conditioned for speed and quickness.

If you train using resistance bands and an isometric training strategy, the way we teach it, then you have an unbeatable combination to increase the speed of contraction within your muscles and virtually leave your opponent in the dust.

As you learned in the video series, this combination of the band and isometrics is very important. This is because Isometric training using weights for resistance or elastic bands used to perform repetitions will not give the kind of results you need to get faster.

It is the combination of isometric training with resistance bands that outperforms any other training strategy when it comes to developing speed in your muscles.

This is what many coaches, trainers, and athletes have never considered. And why it has not been taught to most athletes.

In addition, since the resistance of an exercise band can be easily directed at any angle, the exact muscles can be conditioned in precisely the same way they are used in the athletic skill.

This includes skills such as throwing a baseball or football, swinging a baseball bat, tennis racket or golf club, running fast, jumping high, or kicking a ball harder.

Adding the resistance band with isometric training to your current sports training program, will give you the complete conditioning package that others have been ignoring completely!

Training for these kinds of results should leave you feeling light and responsive and should not be strenuous or take much time.

You muscles will respond quickly to this kind of training. Even if you are currently in mid-season you could start seeing results in your performance within days.

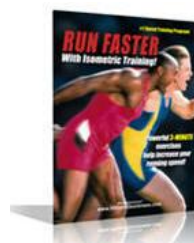
You could be the one who makes the difference in your next event!

And the nice thing about using resistance bands is that they can be used just about anywhere and anytime and they are safe and effective for practically all ages and levels of fitness.

Currently the following programs are available from AthleticQuickness.com that will help you awaken the fast twitch response within specific muscle groups and improve your performance quickly.

Each of these programs has a set of exercises designed to quicken and strengthen the muscles used in a specific sport or athletic skill.

They can be performed in just a few minutes each day and results from these exercise programs are guaranteed. Results are often seen within 14 days of starting the training.



### ***RUN FASTER***

10 lower body exercises condition all the muscles for faster sprint speed and side-to-side lateral movement.



### ***JUMP HIGHER***

For Basketball, Volleyball, Track and all other jumping activities.



### ***SWING FASTER***

For Baseball and Softball. Swing faster and hit harder with more explosive bat speed. Also includes exercises for throwing harder.



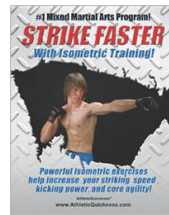
### **DRIVE LONGER**

Drive longer and add distance to your golf shots with faster club speed.



### **TENNIS SPEED**

SERVE FASTER, RETURN HARDER & MOVE QUICKER - Specifically for tennis players, this program increases speed of serves, forehands and backhands, as well as increasing court quickness.



### **MARTIAL ARTS SPEED**

STRIKE FASTER MIXED MARTIAL ARTS - Strike faster, kick with more power, block quicker, and increase core agility. 28 exercises quicken and strengthen muscles in your lower body, upper body and core. Perfect for any Martial Arts program or anyone desiring a full body workout.

If you are not completely satisfied, just return the Martial program within a year (yes, that's 365 days) for a 100% refund, no questions asked! We will even refund the standard shipping costs.

That's how confident we are about this program. If you do the exercises as prescribed you can't help but get faster.

Is there any reason to not develop speed and quickness in your sports skills?

Of course not.

Speed and quickness training:

- Is fast and easy
- Does not require special equipment
- Is safe and effective for all ages and fitness levels.

And will:

- Give you the advantage to outperform others who have completely ignored this type of training.
- Help you develop your skill level
- Improve your athletic performance
- Advance your athletic career
- Give you greater enjoyment in your sports activities.

If you do the exercises as prescribed in the training manuals you can't help but get faster and improve your athletic performance.

Order the training manual of your choice complete with 2 resistance bands here:

[AthleticQuickness.com/order.asp](http://AthleticQuickness.com/order.asp)

[www.SpeedTrainingSecrets.com](http://www.SpeedTrainingSecrets.com)