



Strength, Fitness And Speed, Inc.

The Leader in getting student athletes off of the bench and into the game

Hard work plus the SFAS philosophy equals great results!

This group of young athletes approached us and had been doing "speed" work but without a lot of THOUGHT and without a lot of REAL STRENGTH TRAINING being performed. The results are exceptional, greater than usual, and are something to be proud of.

EVERY ATHLETE WILL RESPOND DIFFERENTLY TO A GIVEN STIMULUS

Athlete 1	1/5/2009	03/05/09
Vertical leap	14	20
Broad Jump	7	8
10 Yard Dash	1.76	1.52
Pro Agilty	4.93	4.53
Athlete 2	1/8/2009	03/05/09
Vertical leap	16	23
Broad JumpX6	7	8 ft 4 in
10 Yard Dash	1.75	1.54
Pro Agilty	5.06	4.55

Athlete 3	1/8/2009	02/26/09
Vertical leap	14	20
Broad Jump	6 ft 10in	8 ft 3 in
10 Yard Dash	1.67	1.52
Pro Agilty	4.89	4.66
Athlete 4	1/14/2009	02/26/09
Vertical leap	18	22
Broad Jump	7	8 ft 3 in
10 Yard Dash	1.66	1.55
Pro Agilty	4.81	4.54

"The trick is in knowing that what training mode works for the gifted athletes of the world like the James Harrisons and the Lebron James (which is just about anything) will not necessarily work for the less gifted, more average athlete. More science, thought and experience will be required."

-Ed Wietholder

President, Strength, Fitness And Speed, Inc.

ADDRESSING THE SPORTS PERFORMANCE NEEDS OF YOUTH, MIDDLE, JUNIOR, HIGH SCHOOL, COLLEGE AND PROFESSIONAL ATHLETES SINCE 1998

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