

# GET FAST INC – WILLOWBROOK

## SESSION DESCRIPTIONS

**PRE AND POST TEST:** Athletes will be tested to evaluate several areas of their athletic ability. This will include: Sit-Ups, Push-Ups, Standing Vertical, Broad Jump, Running Speed, and Agility.

**PLYOMETRICS:** Plyometric sessions are designed to improve vertical jumping ability, multi-directional quickness, LSA (lateral speed and agility), strength, coordination and power, specifically the speed component of power in the lower extremities. Plyometric routines range from floor and box drills to advanced forms utilizing the Plyo Press and Plyo Platform technology.

**RTM (Running Treadmill):** The Generation II Super Treadmill is a patented piece of equipment that provides angles of incline to 40 degrees, decline angles to negative 14 degrees and speeds up to 28 mph. Sessions focus on increasing stride length and frequency and improving running mechanics. Some of the sessions may utilize the patented Sprintcord which enables proprioceptive recruitment of the specific neuromusculature associated with sprinting and other related locomotor movements.

**RETROGRADE TREADMILL:** A reverse form of the forward running treadmill on the Generation II Super Treadmill. The retrograde treadmill is designed to enhance overall lower-body strength with focus on muscles used for explosive power during sports; quadriceps, hamstrings, gastrocnemius and soleus muscles.

**WEIGHT LIFTING:** Weight lifting programs are specifically designed for the novice, intermediate and advanced athlete. A strong foundation of proper lifting technique is taught at the beginning of all lifting programs. Sessions are designed for the needs of each individual athlete and performed by certified staff.