

RISE ABOVE YOUR OPPONENT

>SPEED PROGRAM

Completing the Speed Program on the "Tred X 30/30" helps athletes achieve increased maximum sprint speed, anaerobic endurance, improved sprinting biomechanics, increased aerobic base for long-distance running, increased body balance and awareness, improved body composition and enhanced self-esteem, all of which contribute to speed, endurance and overall athletic success. The "Tred X 30/30" has a top speed of 30 mph with an incline of 30%. The two major components associated with running faster is stride length and stride frequency. They are developed by adjusting interval time, speed and incline level on the treadmill.

>JUMP PROGRAM

This training protocol utilizes the Jump X machine, the Jump Platform with resistance cords and Plyo boxes with a variety of heights, to help increase vertical and jumping endurance.

>PLYOMETRICS

Plyometrics are designed to help you improve your power, quickness, coordination, core stability, balance and awareness of your body position through multi-directional exercises and sport-specific drills. Plyometrics are utilized in both the Speed and Jump Programs

Specific Sports that benefit from these programs:

Baseball & Softball • Basketball • Football
Gymnastics • Soccer • Tennis
Track & Field • Volleyball • Wrestling



3016 WEST MAIN ST., SUITE 200
RUSSELLVILLE, AR 72801
479.967.9657
lanept.com

FEEL THE NEED FOR SPEED

In today's competitive athletic world you need a winning edge...you need speed, agility, power and strength. That's what the Lane Physical Therapy Speed and Jump Programs deliver. From beginning development to peaking the performing athletes, everyone can benefit from these programs.

The Speed and Jump Programs are a systematic series of supervised training protocols and sport-specific exercises designed to safely enhance the physical performance of athletes of all ages, interests and skill level.

These unique programs were developed to improve overall athletic performance and specifically target improvements in:

- >Acceleration & Sprint Speed
- >Agility & Balance
- >Power & Quickness
- >Strength & Stamina
- >Flexibility & Coordination
- >Vertical & Jump Endurance



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