

The 2 x 5

Protocol of Speed and Power

We know a Secret to Developing long lasting flexible strength that is only know by elite athletes from around the world. When individuals join our program we share the secret and the details of the secret that explain why and how it works. No vitamins, steroids, sophisticated machinery. Just a time-tested process that has produced amazing results in short amounts of time. And here it is:

For Power

ONLY do two sets of five repetitions in any lifting of weights.

Then walk away for another day.

We have documented support of players increasing amount of weight lifted by 25/30% in 2 weeks, 40/50% in a month with only doing 2 sets of five reps twice a week! Yep, for example in the bench press, a young high school warrior going from 145 to 225 in a month, a rookie professional player going from 275 to 400 in two months, and a coach of 55 going from 150 to 330 in three months.

For Speed

Run 4-6, 60-110-yard sprints with 4-10 minutes of rest between each sprint.

Then walk away and go practice your game of hitting, catching, throwing, and watch what happens. Within just a few short weeks our players hit further, run faster, throw harder because they have worked the entire body via the total movement of sprinting.

“Coach is this it!” Yep! And you will not believe how many who do this and win while those who work harder, doing more until the fail, and suffer from injury or fatigue.....Because they tear down the body and cannot recover physically or mentally. It is a secret only the Warrior knows for sure!!!