

# VERTIMAX

**Delivering Leading Edge Speed & Vertical Gains!**

- ⇒ - Improve Vertical Jump
- ⇒ - Increase Defensive First Step Quickness
- ⇒ - Develop Dominating Blocking and Spiking Abilities and
- ⇒ - Create Stamina to Out Perform Competition in any match
- ⇒ - Proven to be 6X more effective at developing explosive leg power than plyometrics.



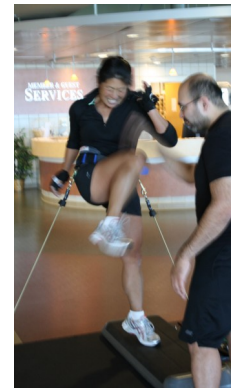
**Vertimax** is a new training system that has proven to be 6X more effective than traditional plyometrics for developing explosive power. You get increased results with a new type of training called "Light Load, High Speed" training.

This training technique for developing power is light load, high-speed training using sport specific motions. Training at high speeds with light loads is an effective means to develop the body's ability to generate fast-twitch, explosive power. Athletic speed & quickness is primarily a function of leg drive power & leg pulling power.



- **Baseball**
- **Basketball**
- **Football**
- **Volleyball**

- **Hockey**
- **Skating**
- **Soccer**
- **Track**



## Special Intro Package

Our Sports Performance Coaches are offering a special introductory offer for athletes looking to increase their vertical jump, first-step quickness & lower body power.

**8—30 minute sessions:** \$160/200

World's leading speed and vertical jump training system is trusted by **top MLB & NBA teams** for developing game dominating performance at every position!



"VertiMax is the best weight room investment we've ever made in our basketball program"

Bo Ryan - Head Coach, Wisconsin,  
Big Ten Champions 2002-2003

**Get started with VERTIMAX Training today!**

Stop by the fitness desk or contact 262-925-6742 or [fitness@plprairie.com](mailto:fitness@plprairie.com)

