



STRENGTH & POWER



BALANCE & CORE



EXPLOSIVENESS



Michael Roe
 - Northern Kentucky University (08' – '10)
 - Cedarville University ('10 – '12)
 - Exercise Science Degree
 - NCAA (D1) College Baseball Player



SPEED & AGILITY

Train Like A Pro..... Play Like A Pro

REGISTER ONLINE AT: WWW.KINGDOMSPORTSCENTER.COM

All Registration is Done ONLINE – No Registration will be taken through the office

About The Program

Welcome to the

Kingdom Fast Twitch Training Program,

This elite performance training focuses on *explosive skill training* to meet your athlete's needs. We will focus on Explosive, Balance & Core Isolation Holds, along with fundamental muscle memory development, which helps to teach athletes from the ground up.

The difference is in the Fast Twitch Muscle Training... The **Kingdom Fast Twitch Training** includes a Next Level workout program to target Core, Legs, and Upper body, through explosive, fast twitch training. Promoting growth in speed, agility quickness, power, strength, and balance.

Develop your Athlete with the **Kingdom Fast Twitch Training** Today.

To Register: Visit KingdomSportsCenter.com
 For Details: Call/Text: 513-435-1197

Kingdom Fast Twitch Training Session Breakdown:

- (5) Minute – Dynamic Stretch
- (50) Minute – Fast Twitch Muscle Development Explosive Workout
- (5) Minute – Yoga Cool Down Stretch

All **Kingdom Fast Twitch Training** Sessions are recorded and published to YouTube for (AT HOME) accountability homework training. Our goal is to educate athletes and parents to promote healthy, explosive athletes who are dedicated to excellence, EVERYDAY!

