

#PEPfast Complete Multi-Directional Warm-Up Series Vol. 1

Sports Specific Agility, Mobility & Dynamic Flexibility Preparation

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1 Lateral Push-Step

Muscular Benefits

- ✓ Builds lateral strength and power in the glutes and quadriceps muscles
- ✓ Greatly improves your ability to change directions quickly in sports
- ✓ Entire load is on one leg, which helps with balance and reduces the tendency to favour the stronger leg
- ✓ Helps decrease lower body imbalances, making both legs equally powerful
- ✓ Increases body control

Sports Performance Benefits

The Explosive Lateral Push Step has been shown to greatly increase your overall power and speed. The single-leg nature of the exercise equalizes strength in both legs to improve lower body imbalances making both legs equally powerful! It develops a strong base in all sports!

Lateral Push Step How To:

- ✓ Start the drill in the universal athletic stance!
- ✓ To start the movement the athlete will Forcefully push one leg down and away into the ground, pushing hard through the glute and finishing through there toes, leading with the other leg in the direction they are going. Making sure every step mirrors the last.
- ✓ Feet will remain under the hips or shoulder width apart. It is critical that the feet remain in this position in order to generate maximal power, which greatly increases your overall speed and agility movements.
- ✓ This will also increase the amount of force you can put into the ground, thus improving your ability to change directions quickly in sports and for hockey players "skating stride power."
- ✓ 10-20 yards on both legs

2 Explosive Lateral Push Step

Muscular Benefits

- ✓ Builds lateral strength and power in the glutes and quadriceps muscles
- ✓ Greatly improves your ability to change directions quickly in sports
- ✓ Entire load is on one leg, which helps with balance and reduces the tendency to favour the stronger leg during two-legged jumps
- ✓ Helps decrease lower body imbalances, making both legs equally powerful
- ✓ Increases body control

Sports Performance Benefits

The Explosive Lateral Push Step has been shown to greatly increase your overall power and speed. The lateral push (either with foot remaining in contact with the ground or picked up and stomped) at the beginning of each rep simulates making contact with the ground or ice, followed by an explosive extension of the hip and knee. This will increase the amount of force you can put into the ground, thus improving your ability to change directions quickly in sports and for hockey players skating stride power. Also, the single-leg nature of the exercise equalizes strength in both legs to improve lower body imbalances making both legs equally powerful!

Explosive Lateral Push Step How To

- ✓ Start the drill in the universal athletic stance! (Feet under hips or feet shoulder width apart)
- ✓ Make sure toes/feet are pointed straight and knees are aligned outside of big toe
- ✓ Forcefully drive one leg down and away into the ground, push hard through your Glute and finish through your toes
- ✓ Without counter movement, lead with the other leg in the direction you are going
- ✓ Always Land with control and reset making sure you are in proper form before going again and never rush!
- ✓ 10-20 yards on both legs

3 Quick Lateral Push Step

Muscular Benefits

- ✓ Improves ground contact and reaction time while developing explosive power in the hips/glutes and quadriceps muscles
- ✓ Greatly improves your ability to change directions quickly in sports
- ✓ Entire load is on one leg, which helps with balance and reduces the tendency to favour the stronger leg during two-legged jumps
- ✓ Helps decrease lower body imbalances, making both legs equally powerful
- ✓ Increases body control

Sports Performance Benefits

The Explosive Lateral Push Step has been shown to greatly increase your overall power and speed. The lateral push (either with foot remaining in contact with the ground or picked up and stomped) at the beginning of each rep simulates making contact with the ground or ice, followed by an explosive extension of the hip and knee. This will increase the amount of force you can put into the ground, thus improving your ability to change directions quickly in sports and for hockey players skating stride power. Also, the single-leg nature of the exercise equalizes strength in both legs to improve lower body imbalances making both legs equally powerful!

Quick Lateral Push Step How To

- ✓ Start the drill in the universal athletic stance (Feet under hips or feet shoulder width apart)
- ✓ Make sure toes/feet are pointed straight and knees are aligned outside of big toe
- ✓ Forcefully drive one leg down and away into the ground, push hard through your glute and finish through your toes while quickly returning your foot back under your hips
- ✓ Without counter movement, lead with the other leg in the direction you are going, while swinging your arms across body creating momentum
- ✓ Always land with control and never click your heels making sure to have full foot contact with the ground with every push
- ✓ 10-20 yards on both legs

4 Explosive Lateral Crossover Push Step

Muscular Benefits

- ✓ A great crossover step can significantly improve the power in your hips and groin, which will help your speed and reaction time.
- ✓ Builds lateral strength and power in the glutes, quadriceps and adductor muscles
- ✓ Greatly improves your ability to change directions quickly in sports
- ✓ Helps reduce lower body imbalances, making both legs equally powerful
- ✓ Increases body control and coordination

Sports Performance Benefits

The Explosive Lateral Crossover Push Step has been shown to greatly increase your overall coordination, power and speed. The lateral crossover (either with foot remaining in contact with the ground or picked up and stomped) at the beginning of each rep simulates making contact with the ground or ice, followed by an explosive extension of the hip and knee. This will increase the amount of force you can put into the ground, thus improving your ability to change directions quickly in sports and for hockey players side to side skating stride power. Also, the single-leg nature of the exercise equalizes strength in both legs to improve lower body imbalances making both legs equally powerful!

Explosive Lateral Crossover Push Step How To

- ✓ Start the drill in the universal athletic stance (Feet under hips or feet shoulder width apart)
- ✓ Make sure toes/feet are pointed straight and knees are aligned outside of big toe
- ✓ Forcefully drive one leg down and away into the ground
- ✓ The other leg will powerfully crossover
- ✓ Land softly and with control
- ✓ 10-20 yards on both legs

5 Deceleration Lateral Shuffle

Muscular Benefits

- ✓ The Lateral Shuffle is a great movement to fire up the muscles in your calves, hamstrings, quadriceps, hip flexors and glutes.
- ✓ Builds Lateral Strength and Power in the lower body
- ✓ Core and Body Control

Sports Performance Benefits

This movement has shown to increase coordination and agility and overall lateral movement skills. Improving body mechanics and movement patterns in all sports including tennis, soccer, football and basketball players! Greatly improves your ability to flip and change directions quickly in sports more fluently!

Deceleration Lateral Shuffle How To

- ✓ Have the athlete Set up in the universal Athletic Position
- ✓ As shown in the video to initiate the movement forcefully drive the outside leg down into the ground pushing away, leading with the right leg to start the shuffle!
- ✓ Every 5 yards the Athlete will decelerate (Coming to a complete stop) under control maintaining great form!
- ✓ 10-20 yards on both legs

6 Lateral Shuffle with Reverse Backwards Flip

Muscular Benefits

- ✓ The lateral shuffle is a great movement to fire up the muscles in your calves, hamstrings, quadriceps, hip flexors and glutes.
- ✓ Builds lateral strength and power in the lower body
- ✓ Core and body control

Sports Performance Benefits

This movement has shown to increase coordination and agility and overall lateral movement skills. Improving body mechanics and movement patterns in all sports including tennis, soccer, football and basketball players! Greatly improves your ability to flip and change directions quickly in sports more fluently!

Lateral Shuffle with Reverse backwards Flip How To

- ✓ Athlete will set up in the universal athletic position (Feet under hips or feet shoulder width apart)
- ✓ Make sure toes/feet are pointed straight and knees are aligned outside of big toe
- ✓ As shown in the video to initiate the movement forcefully drive the outside leg down into the ground pushing away, leading with the right leg to start the shuffle!
- ✓ Every 5 yards Flip your hips leading with the outside elbow which will flip you backwards
- ✓ Keep your core engaged the whole time and make sure your head and chest stay up, and that your toes, hips and shoulders are pointed straight ahead! This will help you maintain proper form!
- ✓ The key to this drill is maintaining full body control throughout each transition and not fading off the line
- ✓ 10-20 yards on both legs

7 Deceleration Sprint (Decelerate every 5 yards "Complete Stop")

Muscular Benefits

- ✓ The Deceleration sprint activates the quadriceps, abductor and glutes
- ✓ Stabilizes the knee and hip joints
- ✓ Core and body control

Sports Performance Benefits

Deceleration in the most important form of training for athletes! The faster you can slow down, the quicker you can change direction and re-accelerate to your top speed. Today's athletes are getting bigger, stronger and faster. At the same time, the numbers of ligament injuries are sky high with ACL repairs being at the forefront. Deceleration training teaches athletes how to move from top speeds, to stopping and changing directions safely, which is out number priority when training athletes!

Deceleration Sprint (Decelerate every 5 yards "Complete Stop") How To

- ✓ Have the athlete Set up in a staggered stance position (modified sprinter stance)
- ✓ The athlete will start the movement with a quick burst off the line
- ✓ Running for 5 yards then decelerating, breaking down "coming to a Complete Stop" making sure to maintain full body control
- ✓ Then reaccelerate with a quick burst off the line without significant level change!
- ✓ 20 yards (Decelerating every 5 yards)

8 Deceleration Sprint (Decelerate every 5 yards "Stutter Step and Go")

Muscular Benefits

- ✓ The deceleration sprint activates the quadriceps, abductors and glute muscles
- ✓ Stabilizes the knee and hip joints
- ✓ Core and body control

Sports Performance Benefits

Deceleration in the most important form of training for athletes! The faster you can slow down, the quicker you can change direction and re-accelerate to your top speed. Today's athletes are getting bigger, stronger and faster. At the same time, the numbers of ligament injuries are sky high with ACL repairs being at the forefront. Deceleration training teaches athletes how to move from top speeds, to stopping and changing directions safely, which is out number priority when training athletes!

Deceleration Sprint How To

- ✓ Set up in a staggered stance position (modified sprinter stance)
- ✓ Make sure toes/feet are pointed straight with knees bent, back straight, shoulders down.
- ✓ The athlete will start the movement with a quick burst off the line,
- ✓ The athlete will run 5 yards and decelerate breaking down but not coming to a complete stop, and reaccelerate without significant level change maintain body control!
- ✓ 20 yards (Decelerating every 5 yards)

9 Sprint/Shuffle/Sprint Shuffle

Muscular Benefits

- ✓ Activates the whole lower body system due to its movement changes: The sprint activates the quadriceps, abductor and glutes and the shuffle activates the calf's, hamstrings, quadriceps, hip flexors and glute muscles!
- ✓ Develops body control "Deceleration and Stabilizes the knee and hip joints
- ✓ Core and body control
- ✓ Builds lateral strength and power in the lower body
- ✓ Core and body control

Sports Performance Benefits

The Sprint to Shuffle is a critical movement pattern that all athletes do in sports and learning how to do it correctly helps create overall body control and the ability to change directions quickly! It increases coordination and agility helping overall lateral movement skills, which will benefit an athlete transitioning to linear accelerate much faster!

Deceleration Sprint How To

- ✓ Set up in a staggered stance position (modified sprinter stance)
- ✓ Make sure toes/feet are pointed straight with knees bent, back straight, shoulders down.
- ✓ Run and Every 5 yards slow down and transition from Sprint to Shuffle
- ✓ Keep your core engaged the whole time and make sure you stay one level and don't pop up and down! This will help you maintain proper form
- ✓ 20 yards (Sprint to Shuffle every 5 yards)

10 Fast-Slow Backpedal "Changing Tempo"

Muscular Benefits

- ✓ During backpedalling, the hamstring muscles are less active and the quadriceps muscles are more active.
- ✓ Learning how to control speed and tempo, which is a gross movement skill that can vastly improve reaction time!
- ✓ Develops core strength and body control, which can enhance the ability to change direction.

Sports Performance Benefits

Backpedalling is a critical skill and is used in virtually every major sport. Outfielders need backward speed to chase down fly balls; defensive backs need it to stay with lightning-fast wide receivers; and point guards need it to get back on defense and prevent fast break points. Learning how to backpedal correctly helps create overall body control and the ability to change directions quickly! It increases coordination and enhances your ability to transition to linear acceleration much faster! Athletes that can move backwards more efficiently not only increase their speed and quickness but also greatly improve their muscular endurance, balance and spatial awareness.

Backpedal How To:

- ✓ Set up in a staggered stance position (modified sprinter stance)
- ✓ Make sure toes/feet are pointed straight, knees bent at a 45 degree angle, head up, back straight and arms hanging loose in front of the body!
- ✓ Weight on the ball of the feet
- ✓ Push off the front foot and begin back pedaling
- ✓ Keep chest over feet, feet close to the ground and pump the arms
- ✓ Keep your core engaged the whole time and make sure you stay one level and don't pop up and down! This will help you maintain proper form
- ✓ Go fast for 5 yards then slow for 5 yards, repeating for 20 yards total!
- ✓ 20 yards (every 5 yards)

11 Sprint-Backpedal-Sprint-Backpedal

Muscular Benefits

- ✓ Activates the quadriceps, abductor, glutes and calf muscles
- ✓ Improves stabilization through the core, knee and hip joints
- ✓ Greatly increases body control and spatial awareness

Sports Performance Benefits

Transitioning from forward to backwards or vice versa is a movement skill that demands a tremendous amount of body control. Learning this transition can greatly increase your ability to move more efficiently allowing you to never loose a step with your opponent! When learned correctly it greatly increases overall body control and the ability to change directions quickly! It increases coordination and enhances your ability to transition to linear acceleration much faster! Athletes that can move backwards more efficiently not only increase their speed and quickness but also greatly improve their muscular endurance, balance and spatial awareness.

Sprint-Backpedal How To

- ✓ Set up in a staggered stance position (modified sprinter stance)
- ✓ Make sure toes/feet are pointed straight with knees bent, back straight, shoulders down.
- ✓ Run and every 5 yards smoothly transition to backpedal or vice versa
- ✓ When in the backpedal make sure to keep your head up, back straight and arms hanging loose in front of the body!
- ✓ Weight on the ball of the feet
- ✓ Keep your core engaged the whole time and make sure you stay one level and don't pop up and down! This will help you maintain proper form
- ✓ Go fast but under control for 5-yard sprint then slow and controlled backpedal for 5 yards, repeating for 20 yards total!
- ✓ 20 yards (Decelerating every 5 yards)

12 Kick Step or Drop Step

Muscular Benefits

- ✓ During the kick step or drop step, the hamstring muscles are less active and the quadriceps muscles are more active.
- ✓ Learning how to control speed and tempo, which is a gross movement skill that can vastly improve reaction time!
- ✓ Develops core strength and body control, which can enhance the ability to change direction.

Sports Performance Benefits

The kick step is similar to backpedalling, which is a critical skill and is used in virtually every major sport. It's very effective because you can get out of your breaks faster because your feet are in a more optimal position, which has shown to enhance your ability to transition to linear or lateral movements more effectively!

Kick Step or Drop Step How To:

- ✓ Set up in a staggered stance position but the feet lined up about shoulder width apart!
- ✓ Make sure toes/feet are pointed straight, knees bent at a 45 degree angle, head up, back straight and arms hanging loose in front of the body!
- ✓ Weight on the ball of the feet
- ✓ As shown in the video, initiate your kick step by kicking your right leg back, followed by your left leg, switching stances (feet placement) every 5 yards repeating for 20 yards total!
- ✓ Keep chest over feet, feet close to the ground and pump the arms
- ✓ Keep your core engaged the whole time and make sure you stay one level and don't pop up and down! This will help you maintain proper form
- ✓ Go fast for 5 yards then slow for 5 yards, repeating for 20 yards total!
- ✓ 10-20 yards on both legs

13 Two Step Rhythmic Shuffle " Quick Hip Flips"

Muscular Benefits

- ✓ Stabilizes your core
- ✓ Improves torso/trunk control
- ✓ Activates the quadriceps, abductor, glutes and calve muscles
- ✓ Greatly increases spatial awareness/coordination
- ✓ Improves ground contact time
- ✓ Allow loading from all different planes, vectors, and positions

Sports Performance Benefits

Quick Hip Flips is a fundamental movement in order to be an elite athlete! Learning to control your hips through body dissociation can produce strength and coordination of your core muscles! The freedom of movement in order to produce various athletic abilities and movement patterns like the quick hip flip is critical in all multi-directional sports that involve rapid change of direction from all angles! Being able to flip your hips and turn and run is what separates the greatest athletes in the world! Dissociation of the upper body and lower body is a crucial requisite to help generate torque and power! This drill will help create active control of your muscles during fast movements in sports along with developing reactive agility and the ability to change direction quickly!

Two Step Rhythmic Shuffle " Quick Hip Flips How To:

- ✓ Athlete starts on line in a 45 degree athletic position (feet under hips or feet shoulder width apart)
- ✓ Make sure toes/feet are pointed straight and knees are aligned outside of big toe
- ✓ Start with right foot moving right and left foot following
- ✓ Every 2 steps, hip flip always keeping your head/eyes straight ahead
- ✓ Keep your core engaged the whole time and make sure your chest stays lifted. This will help you maintain proper form
- ✓ 20 yards (Decelerating every 5 yards)

14 Flip and Run "Quick Hip Flips"

Muscular Benefits

- ✓ Stabilizes your core
- ✓ Improves torso/trunk control
- ✓ Activates the quadriceps, abductor, glutes and calve muscles
- ✓ Greatly increases spatial awareness
- ✓ Improves ground contact time
- ✓ This movement is amazing because it trains loading from all different planes, vectors, and positions

Sports Performance Benefits

Quick Hip Flips is a fundamental movement in order to be an elite athlete! Learning to control your hips through body dissociation can produce strength and coordination results in increased reaction time! The quick hip flip is critical in all multi-directional sports that involve rapid change of direction from all angles! Being able to flip your hips and turn and run is what separates the greatest athletes in the world! This drill will help create active control of your muscles during fast movements in sports along with developing reactive agility and the ability to change direction quickly!

Flip and Run "Quick Hip Flips" How To:

- ✓ Athlete starts on line in a 45 degree athletic position (Feet under hips or feet shoulder width apart)
- ✓ Make sure toes/feet are pointed straight and knees are aligned outside of big toe
- ✓ As shown in the video to initiate the movement, rapidly cross over your left leg, as this will create momentum to help start the run! "This is not a cross over run, think of it as just running side ways"
- ✓ Every 5 yards flip your hips, disassociating your upper and lower body, keeping your head and eyes pointed forward!
- ✓ 10-20 yards on both legs



#PEPfast Mobility Preparation:

1.) Worlds Greatest Stretch

- ✓ Increases Hip Extension, Hamstring Extension and Rotation
- ✓ Trunk and T-Spine Mobility
- ✓ Improves Balance and Stability

2.) Side to Side Lunge + Cossack

- ✓ Increase Hamstring and Hip Mobility
- ✓ Increasing lateral stability, abduction and adduction abilities (Hip joint Capsule)
- ✓ Improving the elasticity and strength of connective tissue and muscles across hip region

3.) Reverse Lunge Reach + Side to Side Punch

- ✓ Increases Hip Extension and Trunk Control
- ✓ Develops stability in the knee, hip and core
- ✓ Increases balance and strength in the glute, hip and core

4.) Quadricep Table Reach (Opposite Hand/Foot)

- ✓ Hip Flexion/ Hip Extension happening at the same time
- ✓ Dynamic Stability in the Foot-Ankle/Knee/Hip
- ✓ Core Activation

5.) Ballistic Hip Hinge (Hamstring Stretch)

- ✓ Hip Flexion and Hamstring Extension
- ✓ Teaching Hip Hinge
- ✓ Creating Glute Strength Stability

Observations (Assessing Athletes Movement)

- ✓ Does you athlete round there back/spine?
- ✓ Do they understand what a hip hinge is? This is a great learning drill to establish proper movement pattern!

6.) Inch Warm to Downward Dog (Pike)

Cobra

- ✓ Thoracic Extension
- ✓ Hip Extension
- ✓ Abdominal Extension

Downward Dog

- ✓ Hip Flexion
- ✓ Hamstring Extension
- ✓ Soleus Extension

Observations (Assessing Athletes Movement)

- ✓ Do you see any limitations in the Hip Flexion?
- ✓ Do you see any Limitations in the Hamstring Extension?

7.) Side Bend with Over Head Side Reach

- ✓ Dynamic Mobility:
- ✓ (Lats) Latissimus Dorsi,
- ✓ (QL) Quadratus Lumborum
- ✓ IT Band) Iliotibial band

8.) Lunge with T-Spine Mobility and Hamstring Kick Combo

- ✓ Increases Hip Extension and Trunk Control
- ✓ Hamstring Extension mobility
- ✓ Balance and Stability in the core

9.) Push- Up to Downward Dog Heal Raise:

- ✓ Upper Strength along with /Hip Flexion/Hamstring Extension/Soleus Extension
- ✓ When Leg raises up Hip Extension and Strength
- ✓ When Leg comes through Hip Flexion & Hip Extension
- ✓ Walk Out into Push-Up Position (Do Push-Up)
- ✓ Intergrading Form: Is my Shoulders inline with Palms?
- ✓ Core Tight, Glutes Tight,
- ✓ Downward Dog: Extension, Do they Lack Shoulder Flexion, Looking to Drive Heels into the ground (Hamstring, Heel Stretch, Flexibility)
- ✓ Lift back Leg into the Air (huge Hamstring Stretch) then drive Leg Straight Through

Observations (Assessing Athletes Movement)

- ✓ Do your athletes lack Mobility in their Hips?
- ✓ Do they Struggle with shoulder Flexion?
- ✓ Can they do a proper push-up?

10.) Lateral Fencer Lunge

- ✓ Increase Adductor (Groin), Hamstring and Hip Mobility
- ✓ Increasing lateral stability, abduction and adduction abilities (Hip joint Capsule)
- ✓ Improving the elasticity and strength of connective tissue and muscles across hip region

11.) Front Lunge- Twist and Reach (Both Sides) Twist back In Front to Hold:

- ✓ Works on T-Spine in the Transverse Movement
- ✓ Iliotibial Band (IT Band) Extensibility
- ✓ Increases dynamic stability and stretches the hip flexor, quadriceps and

Observations (Assessing Athletes Movement)

- ✓ Can the athlete move in all positions? Do they lack Flexibility and mobility in these positions?
- ✓ Can they control their body throughout the whole movement?

12.) Standing Single Leg Sit and Reach

- ✓ Dynamic Deep Piriformis Hip Stretch
- ✓ Postistal Capsule (Hip Joint Capsule)
- ✓ Single Leg Dynamic Stability in the Foot, Ankle, Knee and Hip

13.) Dynamic Straight Leg Hip Circles High Kicks

- ✓ Dynamic hamstring Extension
- ✓ Hip Mobility

14.) Straight Leg High Kicks

- ✓ Dynamic Hamstring Extension



#PEPfast Dynamic Flexibility Preparation:

1.) Body Fold

- ✓ Improves spinal flexibility

2.) Cat Cow

- ✓ Improves spinal flexibility
- ✓ Stretches the muscles of the hips, back, abdomen and chest

3.) Quadruped Thoracic Spine Rotation

- ✓ The thoracic spine should be able to bend, flex, extend and rotate to varying degrees

4.) Plank Pike

- ✓ Stability and mobility in the spine, shoulders and hip region

5.) Straight Arm Plank Pike

- ✓ Stability and mobility in the spine, shoulders and hip region along with calf muscle

6.) Calf March

- ✓ Mobility in the ankle, calf and hamstring

7.) Straight Arm Pike with Single Leg Kick

- ✓ Hamstring, heel and calf stretch

8.) Child Pose and Cobra with Side Reach

- ✓ Child's pose stretches the lower back, shoulders, hips and ankles
- ✓ Cobra stretches muscles in the shoulders, chest and abdominals

9.) Hip Rock Series

- ✓ Lateral rock front to back dynamically stretches the groin and hamstring
- ✓ Lateral toe rotation improves mobility in the hip & groin area, ball and socket
- ✓ Front toe rotation improves him mobility in the hip and groin area
- ✓ Front hip hinge dynamic hamstring stretch

10.) Tactical Frog with Internal Hip Rotation

- ✓ Mobilizes hip capsules, adductors, and hamstrings as well as internal active rotation of the hips

11.) Forward & Backwards Leg Circles

- ✓ Mobilizes hip capsules and involves core and torso control

12.) Half Knee and Straight leg Raises

- ✓ Hip control, activation and strength

13.) Straight Leg Backward Sweeps

- ✓ Hip and QL stretch

14.) Side Plank Reach Overs

- ✓ Dynamic hip and latissimus dorsi stretch

15.) Side Plank Straight Leg Raises

✓ Core activation and glute recruitment/activation

16.) Glute Pump Prone Scorpion

✓ Glute activation, hip flexor stretch, back and spinal flexibility

17.) Straight Leg Raises to Iron Cross

✓ Dynamic Hamstring and low back stretch

18.) Ballistic hamstring kick and pull

✓ High hamstring stretch

19.) Lying Forward and Backward Leg Circles

✓ Hip mobility and control

20.) Lying Ballistic Hip Pulls

✓ Dynamic piriformis and hip region stretch

21.) Lying Dynamic Straight Leg Raises

✓ Activates and increases hamstring mobility/flexibility

22.) Side Lying Leg Raise (Top and Bottom Leg)

✓ Activates glutes, adductors and hip region

23.) Dynamic 90/90 Pluses

- ✓ Stretches glute/piriformis, QL quadratus lumborum

24.) Knee Fall Ins

- ✓ Outside hip region stretch

25.) Roll Back and Reach

- ✓ Improves spinal flexibility, also dynamic groin and hamstring mobility

26.) Hamstring Dynamic Hurdler

- ✓ Dynamic hamstring stretch

Use the #PEPFast Speed Training Bands

for Greater Results when Jumping or Sprinting

Are You Looking to Increase your Explosiveness? Create Elite Level Speed and Power? The #PEPFast Speed Training Bands are uniquely designed to activate and challenge athletes to use their lower body (Hip Flexors, Hamstrings, Quadriceps, Glutes, Groin and Core) to help increase their Fast Twitch Muscle Fibres through Speed and Strength Training.

What makes our Resistance Band so unique is that you can wear it while performing all your multi-directional movements. We have also specially designed a non-slip grip inside the band to make sure it stays firmly around your thighs while exercising and sweating. In addition, they also have a unique colour design. Our red strap is reinforced to withstand the strongest and most explosive athletes, never loosing its quality in resistance.

#PEPFast Speed Training Bands are a sports specific dynamic training tool that has been shown to help increase Speed, Strength, Lateral Quickness, Plyometrics, Balance, Stablization, Core Control and Body Awareness.

Our Bands can be used by athletes of all ages from 8 and up due to our multi-band resistance package. When you purchase our resistance bands it comes with both Light (Red) and heavy (Black) tubes. The red tubes resistance will be the most utilized due its stretching flexibility that can be used for both beginners and intermediate athletes. The black tubes were specifically created for an Elite Training Experience, creating maximum tension in every explosive step you take. The #PEPFast Speed Training Bands take your Game to the Next Level and make you #PEPFast!

FEATURES

- ✓ **Effective and versatile training tool that can be used anywhere any time**
- ✓ **Used for lower body resistance training – ideal for Explosive movements like Speed, Plyometric and Lateral Movement Training**
- ✓ **Kit includes 2 Resistance Straps, 2 Red and 2 Black Resistance tubes and PEP SPEED TRAINING carrying case**

USE PEPFAST20 for 20% OFF Today,
TO TAKE YOUR GAME TO THE NEXT LEVEL