



All of the Frappier Acceleration programs are tailored to fit the individual athlete's abilities and can be customized to fit any athlete's goals. Every participant will receive personalized attention from our professional staff during each workout session.

### **Running Program**

By training on our Super Treadmill we can help you lengthen and quicken your stride, making you faster and more agile; you will also be able to recover better after multiple bursts of athletic play. By increasing the incline and belt velocity, runners will automatically learn to maintain forceful knee drive, proper pelvic position, high foot carry-through and full extension with every stride. The treadmill also has a specially-designed spotting mechanism and handlebar for backward running.

The attributes of incline running, combined with the safety of increased shock absorption, provide the opportunity for repeated exercises under ideal conditions to improve stride length.

### **Plyometric Training**

Almost all team sports involve the offense and defense playing against one another, and these sports also require many types of multi-directional movements. The ability to adapt to directional changes as quickly as possible, while maintaining body control, is essential to consistent athletic performance; it can be developed through practice. That's where our plyometrics program comes in.

Designed to work in conjunction with our other programs, plyometrics incorporate a variety of footwork drills and other controlled jumping movements to improve peripheral coordination, balance, agility, endurance as well as the vertical jump. You will gain outstanding body awareness and the ability to move quickly and more explosively.

### **Pricing**

**1.** Improve this off season and earn money for the team. For each group of 8 or more athletes paying at regular price, **Acceleration Iowa will donate 10% of the group total back to the team, club or organization!** These funds can be used for travel expenses, scholarships, uniforms, etc.

### **2. Group Discount Rates**

#### **4-11 Athletes**

18 Sessions (\$370)

5% off monthly programs

#### **12+ Athletes**

18 Sessions (\$355)

10% off monthly programs

**For more information or registration, please contact us:**

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