



2009 COLLEGE FOOTBALL PRE-SEASON TRAINING PROGRAM

PREMIER ATHLETE PERFORMANCE

WHO:
INCOMING FRESHMAN-SENIOR
COLLEGE FOOTBALL PLAYERS

WHEN:
JUNE 15TH-AUG 8TH

WHERE:
GRAND SLAM SPORTS COMPLEX

WHY:
TO BECOME A STARTER, ALL-CONFERENCE,
OR ALL-AMERICAN PLAYER



READING EXPRESS QB
ROB FLOWERS
AND LOUISVILLE STAR
JAMES BRYANT



READING EXPRESS DB
SAM BRYANT

SPEED-POWER-AGILITY-QUICKNESS-STRENGTH-BALANCE-CONDITIONING-FLEXIBILITY-CONFIDENCE

CONTACT: ERIC WISE@484-302-1381 OR ERIC.WISE@PREMIERATHLETEPERFORMANCE.COM
FOR MORE INFORMATION

YOUR TICKET TO THE NEXT LEVEL



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WHAT TO EXPECT

- ATHLETIC EVALUATION AT BEGINNING OF PROGRAM TO TRACK PROGRESS
 - 4 WORKOUTS PER WEEK (3 PERFORMANCE AND 1 FOOTBALL SPECIFIC)
 - SESSIONS ARE 1.5 HOURS (45 MINUTES OF SPEED/AGILITY AND 45 MINUTES OF STRENGTH TRAINING)
 - FOOTBALL SPECIFIC WORKOUTS WILL BE WITH A COACH THAT COACHES YOUR POSITION.
- SOME OF THE BEST POSITION COACHES AROUND THE AREA WILL BE BROUGHT IN TO WORK WITH OUR PLAYERS.

THE WORKOUT-1ST HALF

- FOAM ROLLING
- FLEXIBILITY AND MUSCLE ACTIVATION
- BALANCE AND STABILITY
- SPEED DEVELOPMENT
- LINEAR & LATERAL MOVEMENT TECHNIQUES
- EXPLOSIVE POWER DEVELOPMENT
- INJURY PREVENTION

THE WORKOUT-2ND HALF

- OLYMPIC LIFTING
- FUNCTIONAL STRENGTH
- CORE STRENGTH
- LINEAR AND LATERAL CONDITIONING
- PROGRESSIVE EXERCISE ROUTINE

ABOUT THE OWNER:

ERIC WISE IS A CERTIFIED PERSONAL TRAINER AND CERTIFIED SPORTS CONDITIONING SPECIALIST BY THE AFPA. HE WAS A DIVISION 1-AA ALL-AMERICAN WIDE RECEIVER AT FAIRFIELD UNIVERSITY (CT). RANKS IN THE TOP 20 ALL-TIME IN DIV. 1-AA IN RECEPTIONS. HE ALSO STARRED IN THE ARENA FOOTBALL LEAGUE FOR 3 YEARS. HE UNDERSTANDS WHAT IT TAKES TO BE THE BEST, AND HE ALSO KNOWS HOW TO HELP YOU BECOME THE BEST YOU CAN BE. THIS IS ADVANCED TRAINING FOR THE SERIOUS ATHLETE. THE BEGINNING OF YOUR COLLEGE FOOTBALL CAMP WILL BE HERE BEFORE YOU KNOW IT. WILL YOU BE READY?

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