

***SWING FASTER,  
THROW HARDER &  
RUN QUICKER***  
***With***  
***Isometric Training!***



**AthleticQuickness®**

***“We’ll bring you up to speed!”®***

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Washington, D.C. 20559

Title: Swing Faster, Throw Harder & Run Quicker  
With Isometric Training!

ISBN: 0-9679070-1-2

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**Printed in the United States of America.**

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# *Introduction*



**Dr. Larry Van Such, DC, BE**

Dear Athlete,

Thank you for your interest in the *Swing Faster, Throw Harder & Run Quicker With Isometric Training* program. It is my sincere desire that this program meets your needs.

Isometric training, with the help of the resistance band and its dynamic and elastic properties, is fast becoming one of the most popular ways to train your muscles for strength and speed.

Once you start incorporating the strategies contained in this program into your current training schedule, you too will join a select group of athletes who have gained an immediate advantage in their sport.

So take charge and use this information. The possibilities of what you might accomplish are endless!

Sincerely,

A handwritten signature in blue ink that reads "Dr. Larry Van Such".

Dr. Larry Van Such, DC, BE