

Appendix

(Section 5 Online)

Training Routine
Progress Charts
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Additional Training Tips
Product Information

TRAINING ROUTINE

There are 20 exercises in this program and each of them are demonstrated using a certain leg, arm or direction. Each exercise also contains instructions to repeat the corresponding exercise by using the other leg, arm or facing the other direction. Therefore, performing each exercise with both legs, arms or directions *completes* that exercise one (1) time.

The *Weekly Training Schedule* (located two pages after this page) calls for doing each *complete* exercise two (2) times in a given day. As an example of how an exercise should be performed each day, look back at Exercise #1 and in particular, page 26, Figure 3-1a. This is the final holding position for Exercise #1 seen in the video and you are to hold this position for 10-15 seconds. This is shown again in Figure A-1 below. This completes the first half of the exercise. The same is then performed with your left leg as seen again below in Figure A-2. This completes the second half of the exercise.

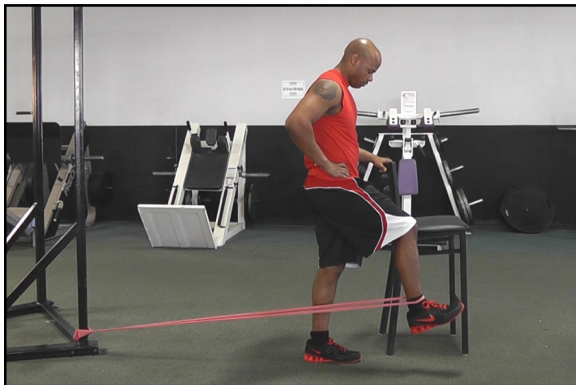


Figure A-1. Final position for Exercise #1 using the right leg. This position is held for 10-15 seconds using 70-80% of your maximum strength. This completes the first half of the exercise.



Figure A-2. Final position for Exercise #1 using the left leg. This position is held for 10-15 seconds using 70-80% of your maximum strength. This completes the second half of the exercise.

The instructions for this exercise (also back on page 26) states to repeat this process one more time giving you a total of two reps for the right leg and two for the left as shown in the table below:

Table 1. Exercise #1.

1. Exercise #1 performed with <i>right</i> leg, Figure A-1. Position held for 10-15 seconds. Rest 15 seconds.
2. Exercise #1 performed with <i>left</i> leg, Figure A-2. Position held for 10-15 seconds. Rest 15 seconds.
Exercise #1 completed one time.
3. Exercise #1 performed with <i>right</i> leg, Figure A-1. Position held for 10-15 seconds. Rest 15 seconds.
4. Exercise #1 performed with <i>left</i> leg, Figure A-2. Position held for 10-15 seconds. Rest 15 seconds.
Exercise #1 completed a second time.

TOTAL EXERCISE TIME: 2 Minutes Maximum

A similar routine is used for each of the remaining 19 exercises and it will take you approximately two minutes to perform each exercise as described on any given day. It is also recommended that you perform each exercise twice as shown in the table above before moving on to the next exercise.

The *Progress Chart* and *Weekly Training Schedule*, located on the next two pages, will help guide you through all of the exercises and allow you to chart your progress along the way.

PROGRESS CHARTS

Name _____ Date Started _____

STEP 1. Complete each progress chart below before starting this program.

<p style="text-align: center;">Progress Chart #1. Record your 5 fastest <i>baseball swings</i>. Add them together and divide by 5 to get the average.</p>	<p style="text-align: center;">Progress Chart #2. Record your 5 fastest <i>pitches</i>. Add them together and divide by 5 to get the average.</p>	<p style="text-align: center;">Progress Chart #3. Record your 5 fastest <i>home to first</i> running times and five fastest <i>40 yard dash</i> times. Add them together and divide by 5 to get the average.</p>	
1. _____ mph.	1. _____ mph.	Home to First Times	40 Yard Dash Times
2. _____ mph.	2. _____ mph.	1. _____ seconds	1. _____ seconds
3. _____ mph.	3. _____ mph.	2. _____ seconds	2. _____ seconds
4. _____ mph.	4. _____ mph.	3. _____ seconds	3. _____ seconds
5. _____ mph.	5. _____ mph.	4. _____ seconds	4. _____ seconds
Average: _____ mph.	Average: _____ mph.	5. _____ seconds	5. _____ seconds
		Avg: _____ seconds	Avg: _____ seconds

STEP 2. Complete the *Weekly Training Schedule* located on the following page for at least two consecutive weeks.

STEP 3. Now complete similar progress charts below and note the improvement.

<p style="text-align: center;">Progress Chart #4. Record your 5 fastest <i>baseball swings</i>. Add them together and divide by 5 to get the new average.</p>	<p style="text-align: center;">Progress Chart #5. Record your 5 fastest <i>pitches</i>. Add them together and divide by 5 to get the new average.</p>	<p style="text-align: center;">Progress Chart #6. Record your 5 fastest <i>home to first</i> running times and five fastest <i>40 yard dash</i> times. Add them together and divide by 5 to get the new average.</p>	
1. _____ mph.	1. _____ mph.	Home to First Times	40 Yard Dash Times
2. _____ mph.	2. _____ mph.	1. _____ seconds	1. _____ seconds
3. _____ mph.	3. _____ mph.	2. _____ seconds	2. _____ seconds
4. _____ mph.	4. _____ mph.	3. _____ seconds	3. _____ seconds
5. _____ mph.	5. _____ mph.	4. _____ seconds	4. _____ seconds
Average: _____ mph.	Average: _____ mph.	5. _____ seconds	5. _____ seconds
Improvement: _____ mph.	Improvement: _____ mph.	Avg: _____ seconds	Avg: _____ seconds
		Imp.: _____ seconds	Imp.: _____ seconds

STEP 4. After you have performed the exercises for at least two weeks it is recommended you continue on with this same schedule for as long as you continue to see improvement and for as long as you plan to stay competitive in baseball. After you have been performing these exercises for several months, you may be able to reduce your training down to once a week for each exercise however, you will need to pay close attention as to what effect this has on your athletic performance.

STEP 2 (Cont'd):

WEEKLY TRAINING SCHEDULE

Perform each complete exercise two (2) times on the recommended day of the week. Exercises 1-10 are performed on days 1 & 4 during the week. Exercises 11-20 are performed on days 2 & 5 during the week.							
Place a ✓ on the line when complete.	Day #1	Day #2	Day #3	Day #4	Day #5	Day #6	Day #7
Exercise #1	_____	REST	REST	_____	REST	REST	REST
Exercise #2	_____	REST	REST	_____	REST	REST	REST
Exercise #3	_____	REST	REST	_____	REST	REST	REST
Exercise #4	_____	REST	REST	_____	REST	REST	REST
Exercise #5	_____	REST	REST	_____	REST	REST	REST
Exercise #6	_____	REST	REST	_____	REST	REST	REST
Exercise #7	_____	REST	REST	_____	REST	REST	REST
Exercise #8	_____	REST	REST	_____	REST	REST	REST
Exercise #9	_____	REST	REST	_____	REST	REST	REST
Exercise #10	_____	REST	REST	_____	REST	REST	REST
Exercise #11	REST	_____	REST	REST	_____	REST	REST
Exercise #12	REST	_____	REST	REST	_____	REST	REST
Exercise #13	REST	_____	REST	REST	_____	REST	REST
Exercise #14	REST	_____	REST	REST	_____	REST	REST
Exercise #15	REST	_____	REST	REST	_____	REST	REST
Exercise #16	REST	_____	REST	REST	_____	REST	REST
Exercise #17	REST	_____	REST	REST	_____	REST	REST
Exercise #18	REST	_____	REST	REST	_____	REST	REST
Exercise #19	REST	_____	REST	REST	_____	REST	REST
Exercise #20	REST	_____	REST	REST	_____	REST	REST

ADDITIONAL TRAINING TIPS

Tip #1. The exercises demonstrated in this program are meant to be physically difficult. If you find that your initial attempt with an exercise is too easy, you should either add another resistance band to the exercise, use a stronger band and/or reposition yourself further away from your band attachment to stretch the bands. Remember, holding the final position for these exercises using 70-80% of your maximum strength is a significant amount of effort to exert over a 10-15 second period of time before wanting to take a rest.

Tip #2. Gym equipment provides safe and effective places to attach your bands to since they are relatively immovable and do not typically possess any rough or sharp edges that may accidentally cut your band. If you have access to such equipment, it is suggested that you use it.

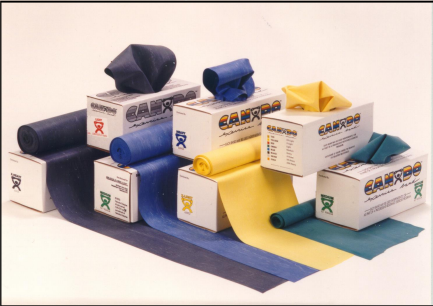
Tip #3. If you have been actively performing all of the exercises in this program for at least two consecutive weeks prior to a scheduled game, you may want to allow yourself two full days of rest before the game.

Tip #4. If there is a particular exercise or two you feel could use more training than the recommended two times per day, then you can go ahead and perform it a third time without any problem. However, it is not recommended you do this for all the exercises each day since that would add ten (10) extra minutes to your training and would inadvertently turn this speed and quickness training program into an endurance program.

PRODUCT INFORMATION

Available at: www.AthleticQuickness.com/order.asp

Product #1: Resistance Bands



Color/Resistance

Red *	Light resistance
Green *	Medium resistance
Blue *	Heavy resistance
Black	X-Heavy resistance
Silver	2X-Heavy resistance
Gold	3X-Heavy resistance

*Recommended

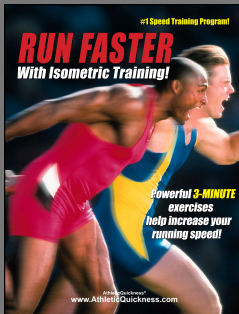
Important Notice: It is very natural to want to use the heaviest bands available to get as much resistance as you can. However, a better strategy would simply be to buy the red, green and/or blue bands and then combine them together if you need more resistance. This is because the silver and gold bands are extremely strong and you won't be able to reduce their resistance level if you need to. Just like working out with weights, it is better to have several 10 lb. plates to work with instead of one 100 lb. plate - you have more options. The same applies with the bands.

Product #2: Door Attachment For Bands

Makes finding a secure place to attach the band easy and convenient. The height of the door anchor can be easily adjusted to accommodate any of the exercises.



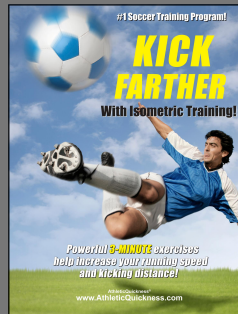
Product #3: Additional Training Programs



Run Faster

RUN FASTER With Isometric Training!

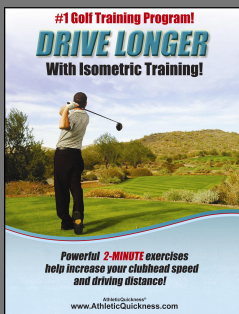
Powerful 3-minute exercises help increase your running speed!



Soccer/Football

KICK FARTHER With Isometric Training!

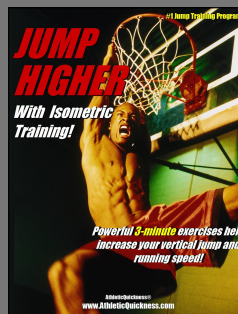
Powerful 3-minute exercises help increase your running speed and kicking distance!



Golf

DRIVE LONGER With Isometric Training!

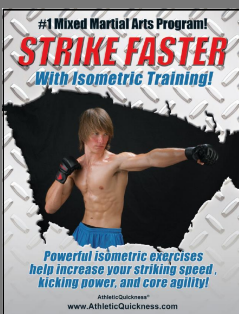
Powerful 2-minute exercises help increase your clubhead speed and driving distance!



Basketball

JUMP HIGHER With Isometric Training!

Powerful 3-minute exercises help increase your vertical jump and running speed!



Mixed Martial Arts

STRIKE FASTER With Isometric Training!

Powerful isometric exercises help increase your striking speed, kicking power, and core agility!



Tennis

SERVE FASTER, RETURN HARDER & MOVE QUICKER With Isometric Training!

2-minute exercises will unlock powerful serves, crushing returns and court speed & quickness!