

Run Faster
With The
15 Minute Speed Trainer!



by
AthleticQuickness®

"We'll bring you up to speed!"®

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Introduction



Dr. Larry Van Such, DC, BE

Dear Athlete,

Thank you for your interest in the *Run Faster With The 15 Minute Speed Trainer!* 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,

Dr. Larry Van Such, DC, BE