

# NEWMAN STRENGTH

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# SPEED CLASS

In all walks of life, the winners choose to embrace the discipline, hard-work and sacrifice it takes to win. Learning to do when you do not want to do is one of the greatest habits you can cultivate.



MICHAEL JORDAN

**SOME PEOPLE WANT IT TO HAPPEN, SOME PEOPLE WISH IT WOULD HAPPEN AND OTHERS MAKE IT HAPPEN.**



In Athletics the greatest Separator between average and elite is **SPEED**.

Fastball Velocity, Bat Speed and Sprint Speed all begin with ground reaction forces that are dictated by fast twitch muscle fibers.

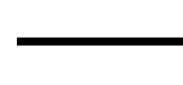
## DAILY SPEED SYLLABUS



Mobility protocol and dynamic warm up  
*(drills to use for a lifetime of training).*



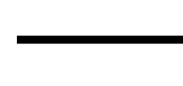
Rhythmic warm-up for overall coordination, balance and technique.



Plyometric bounding and jumping to enhance the stretch-shortening cycle and the rate of ground force development *(bounce like a spring).*



Agility, Acceleration and maximum speed development. Our primarily focus will short bursts of intense effort for Type 2 muscle fiber recruitment.



***For each individual athlete we will break down and rebuild any sub-optimal technique using individualized cues as needed to obtain the desired result.***

## WHERE

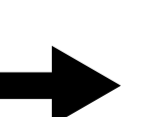
Clover Park: 2600 Ocean Park Blvd, Santa Monica, CA 90405 *(meet up just beyond left field fence)*

## WHEN

Wednesdays @1pm  
and  
Saturdays @12pm

## COST

\$30 per class  
*(Cash, Credit, Venmo or PayPal)*



## DIRECTED BY **BRAD NEWMAN**

BS Exercise Science/Biomechanics, Certified Strength and Conditioning Specialist for MLB athletes such as, Tyler Skaggs, Trevor Plouffe, Ryan Braun, Jack Flaherty, Gabe Kapler, Lucas Giolito, Max Fried and Adam Plutko.