

POWERED BY

KANSAS CITY

# SPEED & SPORT

## PERFORMANCE

BUILDING THE ELITE ATHLETE

# \$495

12 WEEK STRENGTH &  
CONDITIONING PROGRAM

EXCLUSIVE OFFER FOR MOKAN  
MEMBERS - STARTS APRIL 9TH





# BASKETBALL PERFORMANCE TRAINING

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## Athletic Movement

- Linear Acceleration (speed)
- Reactive Change of Direction (agility & quickness)
- Explosive Jump Training

## Athletic Strength

- Full-body Programming
- Multi-Joint Movement Patterns
- Core Stability

## Athletic Power

- Vertical, Horizontal and Rotational Explosiveness
- Rate of Force Development
- Velocity-Based Resistance Training

## Athletic Injury Prevention

- Ankle & Hip Mobility
- Knee, Lower Back and Shoulder Stability
- Deceleration

Helping athletes of all ages and skill levels achieve Athletic Performance Excellence through positive instruction, training, and motivation.

**ATHLETIC  
PERFORMANCE  
EXCELLENCE**



## CONTACT

COACH BILL

MOBILE 816-210-0501

EMAIL [coachbill@kcspeedandsport.com](mailto:coachbill@kcspeedandsport.com)

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