



Cutting Edge Sports Training

Online Training Requirements

Fitness Plans:

To perform most of these workouts, you will need access to a gym with a variety of equipment. If you don't have everything you need, you can always modify and do an exercise that is similar. For example, if you are supposed to use a Kettlebell but don't have access to Kettlebells, you can most likely do the same exercise with a dumbbell. Below are the desired tools you will need to have, or have access to.

- Smart Phone – Iphone or Android
- Free Weights/Machines/Kettlebells
- Adjustable Cable Pully Systems
- Stability Balls/Medicine Balls/Battle Ropes
- Exercise bands, Mini Bands, Suspension Straps (TRX)
- Cardio Equipment
- Jump Rope

The more advanced the plan you are on, the more variety of equipment you will need. For example, in the beginner fitness routines you will not need to use Battle Ropes, but in more intermediate and advanced programs you will. But remember, you can always substitute for something similar if necessary.

Sports Training Plans:

Sports training requires the use of many different tools for maximal results. For strength training you will need access to a gym with all the standard stuff and some extra things as well. For speed and agility training, there are many other items you will need that either the gym you go to will have, or you may need to purchase for your own use.

The more advanced the plan you are on, the more variety of equipment you will need. For example, in the beginner and youth speed routines you will not need to use speed parachutes, but in more intermediate and advanced programs you most likely will. But remember, you can always substitute for something similar if necessary.

Strength Training Requirements:

- Smart Phone – Iphone or Android
- Free Weights/Machines/Kettelbells/Olympic Lifting Bumper Plates
- Adjustable Cable Pully Systems
- Stability Balls/Medicine Balls/Battle Ropes
- Exercise bands, Power Bands, Suspension Straps (TRX)
- Cardio Equipment
- Jump Rope

Speed and Agility Requirements:

- Cones
- Speed Ladder
- Low Hurdles
- Plyometric Boxes
- Speed Harness
- Speed Parachute
- Weighted Sled
- Slideboard

Below are links to various companies that sell everything you will need:

www.power-systems.com

www.performbetter.com

www.spri.com

www.roguefitness.com

www.skiz.com

www.trxtraining.com

Products I recommend:

Mini Bands:



Stability Ball: (55cm)



Strength Bands



TRX Suspension Strap



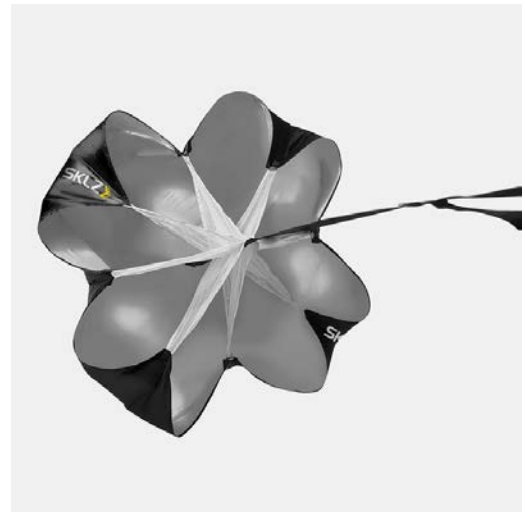
Adjustable Hurdles



Speed Ladder



Speed Parachute



Plyometric Boxes



Weighted Sled



Slideboard



Cones

