

Explosive Speed Training Guide - Speed Training Workouts and Drills

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www.explosivespeedtraining.com

Explosive Speed Training Guide
A Step-By-Step Workout For Developing Explosive Speed & Agility



"Who Else Wants To Develop Explosive Speed & Acceleration In Just 8 Weeks?"

And more importantly, speed and acceleration that translate to better performance in sports!

Wednesday, 2:29 pm
RE: Increasing Your "Game Speed"
From: Kurt Howard

Dear Fellow Athlete,

Since you are here reading this letter I know that you are a serious athlete. Also, I am almost certain that you have tried "explosive speed training" programs in the past. Chances are that you are not a better athlete.

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Learn more: <http://pdfo.org/xspeed/pdx/3t332/>

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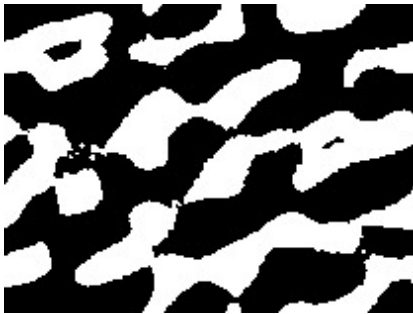
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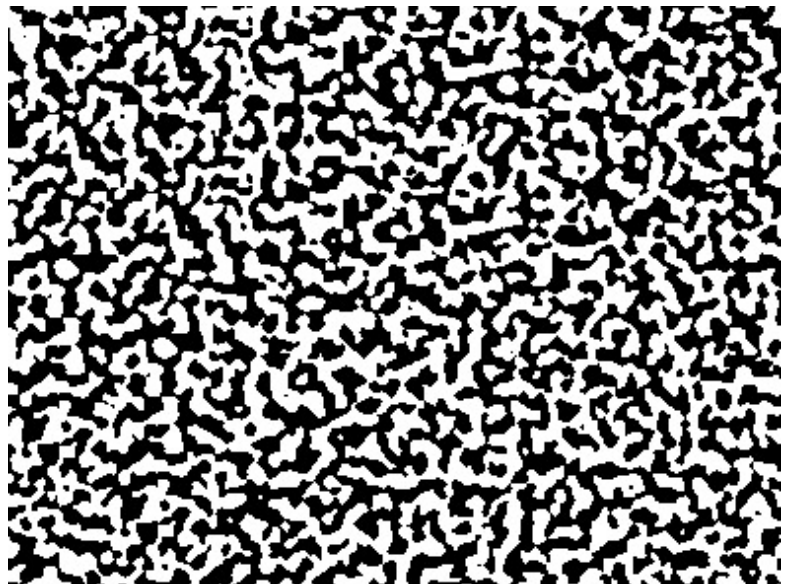
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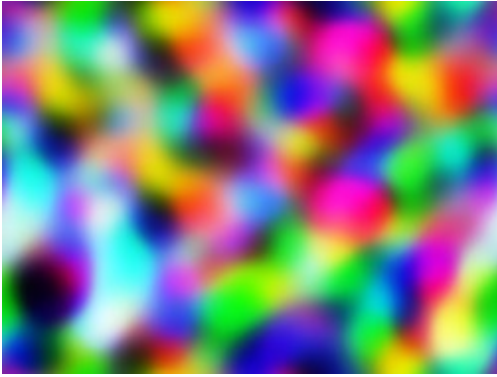
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