

The fastest way to develop your athletes **SPEED, POWER & AGILITY** **GUARANTEED!**

XLR8®
TRAINING
COURSES



XLR8®
BRONZE



XLR8®
SILVER



XLR8®
GOLD



With these 1 day courses YOU can give it to them. 

XLR8® training is being used and embraced by thousands of schools, clubs, professional trainers, universities, sporting organisations & athletes' worldwide.

- Courses meet international standards and are REPS certified.
- Graduates of the courses are certified with an internationally recognised award.
- Combine excellent theory and practice with innovative and highly effective training aids.
- Supported by Carnegie University, Leeds, England and University of Johannesburg and Stellenbosch University in South Africa.
- XLR8® will radically improve your ability and knowledge as a trainer, coach or teacher.
- 120+ sports specific drills in the Bronze Course alone!

"At last a quality speed program that focuses on the multi-directional needs of team and ball sports! XLR8 training concepts and coach education courses will open your eyes to how best develop acceleration, change of direction and sport specific speed. With XLR8 coaching knowledge you will be able to set up a speed program that will propel your athletes to the next level of sports performance."

Quite simply XLR8 speed and power training is the best speed programme I have seen in my 20 years as a professional strength and conditioning coach and educator.

High level sport is all about speed and at the Crusaders we use XLR8 training drills to ensure our players are exposed to the very best in speed development."

Ashley Jones

Crusaders and Canterbury Rugby Union
Strength and Conditioning Coach



For more info
contact us today:

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visit www.xlr8sportstraining.com

XLR8® training now reaches to 10 countries including:  New Zealand  Australia  South Africa  England  Ireland  Scotland  Germany  Japan  Hong Kong  Middle East