

XLR8™

Multi-directional Speed, Power & Agility Training Awards



XLR8™ Goes International...

XLR8™ training has been quickly embraced by thousands of schools, clubs, professional trainers, universities, sporting organisations and athletes' worldwide.

The uptake from grassroots coaches/trainers through to internationally recognised sports teams and coaches has been nothing less than phenomenal.

XLR8™ Training Systems suit all ages and fitness levels and are behind the training of many of the worlds leading athletes and sporting teams including the **Canterbury Crusaders**. XLR8™ training

meets the highest international standards combining excellent technique and skill development with innovative and highly effective training aids.

International uptake and recognition includes the programme being supported by Australia's leading Sporting Institute the **Victorian Institute of Sport** and in South Africa, XLR8™ is being incorporated into the **University of Pretoria** sports science and physical education curriculum.



register of exercise professionals
ACCREDITED



Graduates of the **Bronze, Silver and Gold** level courses enjoy the status of being certified with an internationally recognised award in sports coaching.

XLR8™ will radically improve your ability and knowledge as a trainer, coach or teacher. The speed-training bug is biting thousands of people involved in sport all over the world. It is not only here to stay, it is growing at an incredible rate.



XLR8™ training now reaches to 12 countries including:

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|----------------|---------------|
| ○ New Zealand | ○ Australia |
| ○ England | ○ Ireland |
| ○ South Africa | ○ France |
| ○ Japan | ○ Middle East |
| ○ Hong Kong | ○ Singapore |
| ○ Scotland | ○ Europe |

What is XLR8™?

Speed, power and agility are skills widely recognised as crucial for all sporting codes at all levels. From the school gym to the international sporting arena, we all need speed!

XLR8™ Proudly Supported by



XLR8™ focuses on the most up to date and cutting edge methods of improving speed and quickness which is critical for any sporting code where speed and quickness is an advantage. Developed over 15 years of successful international field experience XLR8™ training is ideal for all levels.



Crusaders Success with XLR8™

XLR8™ Principles

First Step Quickness
Agility and acceleration
Stopping and starting
Technique adjustments
Explosive Power
Reaction Skills

These principles combine to develop the full potential of athletes explosive speed and ability to rapidly change direction which are essential requirements of competitive sport.

The SPSS XLR8™ training awards have been designed to cater for the beginner coach or teacher through to the most competent of coaches and trainers operating at the highest level.

Each level (**BRONZE, SILVER, GOLD**) is held over 1 full day and combines power point modules with a strong hands-on practical focus.

Modules range from 45 minutes–1 hour in duration and course resources include extensive workbooks and DVD instruction.

You will walk away with an incredible resource library, hundreds of new training drills, and an extended network of like-minded sports enthusiasts. Don't live by what you know, live to know more. It's time to XLR8™!

XLR8™ training systems have received a ringing endorsement from New Zealand's most successful and forward thinking rugby organisation. The Canterbury Crusaders regularly include XLR8™ drills into training sessions to develop the explosive speed, agility and power needed for sporting success at the highest level. In fact XLR8™ was a key training focus for the pre-season Super 14 preparation with the players completing daily XLR8™ sessions.



Who should attend

- Sports people
- Personal Trainers
- School Teachers
- Sports Coaches
- Physiotherpists
- Strength & Conditioning Coaches
- Sports Science Providers

What the Canterbury Crusaders say about XLR8™ Training...

"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 - Canterbury Crusaders Strength & Conditioning Fitness Trainer



For more information and upcoming course details please visit: www.speedpowerstability.com or phone Speed Power & Stability Systems: 03 961 1655

