



FOOTBALL TRAINING

During personal, football-specific workouts, Kyle helps his athletes to improve their:

- strength
- speed
- quickness
- balance
- power
- durability
- efficiency
- energy



Based on a preliminary analysis and consultation with Kyle, you will work together to prepare individualized goals that will serve as the foundation for a customized program for your body and your position. Whether you are a wide receiver looking to add a few pounds of muscle, a quarterback looking to increase your throwing power, or a lineman looking to drop weight before the preseason, Kyle CAN help you to MEET and EXCEED your goals.

There are three major components of Kyle's football training curriculum:

Body Composition Program

Weight loss/gain. Reduce body fat. Increase lean muscle mass. Football-specific conditioning.

Power Emphasis Program

Maximize the combination of speed and power specific to your position. Improve your explosiveness and leverage against opponents.

Position Specific Program

Focus on the efficiency of your movement to improve 1ST step quickness, reaction time, speed and power in your breaks and cuts.

Contact Kyle at kyle@kylejakobe.com or 443-255-6211.
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