

Enrollment **APPLICATION**

Name(Last): _____ (First): _____

Home Address: _____

City: _____ St: _____ Zip: _____

Cell Phone: _____ Home Phone: _____

e-mail: _____

Complete form, tear off at perforation and mail to:
National Personal Training Institute
809 South Orlando Avenue, Suite K
Winter Park, FL 32789

Orlando

Program cost is \$300.00
Housing is available. Call for pricing.

For exact start dates, please call or visit www.NPTIFitness.com
(407) 772-0057

Payment Information

- | | |
|-------------------------------------|---|
| <input type="checkbox"/> Check | <input type="checkbox"/> American Express |
| <input type="checkbox"/> VISA | <input type="checkbox"/> Discover |
| <input type="checkbox"/> Mastercard | <input type="checkbox"/> Cash |

Credit card#: _____ CVN: _____

Expiration date: _____

Card holder's signature: _____

(I have completed this application to the best of my ability
and confirm the information is true.)

Applicant's signature: _____

Date: _____

SPEEDBLAST TRAINING™ CLASS SCHEDULE

INTRODUCTION and THEORY (8:00am -9:00am)

- What is speed?
- Factors affecting speed
- Components of speed
- Sprint techniques

PRACTICAL SESSION: TECHNIQUE DRILLS (9:00am -11:00am)

- Arm-swing drills
- Ankling
- Heel kicks
- High knees
- Calculating optimal stride length

11:00am-12:00pm LUNCH

THEORY: 12:00pm – 12:30pm

- Resisted sprint training
- Assisted sprint training

MULTIPLE CHOICE THEORY EXAM: 12:30pm- 1:00pm

PRACTICAL SESSION: 1:00pm – 3:45pm

- Harness resisted sprints
- Overspeed assisted sprints
- Leg turnover drills
- Resisted/assisted ladder drills
- Supplemental resistance/assistance sports specific drills

CONCLUSION: 3:45pm-4:00pm

- Feedback
- Evaluation

NATIONAL PERSONAL TRAINING INSTITUTE®

Presents

SPEEDBLAST TRAINING™



**809 South Orlando Avenue
Suite K
Winter Park, FL 32789
407-772-0057
(Inside Winter Park Business Center)**