



BEFORE THE
GLORY
COMES THE
GRIND




YOU'VE INSTILLED THE WILL TO WIN AND THE DESIRE TO SUCCEED. NOW DELIVER TO YOUR PROGRAM
THE X-FACTOR: LT'S XPLOSIVE POWER PROGRAM

LaDainian Tomlinson's **XPLOSIVE POWER PROGRAM** teaches your athletes the skills, techniques, and training methods that made LT one of the most dynamic and durable players to ever play the game.

“This system mirrors my training methods that made me a Hall of Fame athlete.”

-LaDainian Tomlinson



“Thank you for all the help with the Leadership Council that has brought so much more leadership to this team. It helped us go from 5-5 to 10-2 and in the playoffs all in one year with less talent.”

KADEN SMITH

Stanford University Tight End

Graduate of Tomlinson Center
for Leadership



XPLOSIVE POWER YIELDS XPLOSIVE RESULTS

Our functional training system combines the perfect combination of dynamic stretching, range of motion, and speed drills to unlock every athlete's **XPLOSIVE POWER**.

HOW TO INCORPORATE OUR XPLOSIVE POWER PROGRAMS INTO YOUR ATHLETIC PROGRAM

WINTER CONDITIONING TRAINING - 6 WEEKS

PROGRAM DESIGN

This 6 week program is designed to help improve neuromuscular activation, balance, coordination, and flexibility in your team. By building this foundation you will be able to unlock your team's explosive power.

TRAINING

- 6 dynamic stretching drills
- 6 range of motion drills

WEEKLY COACHING CALLS

You will receive a weekly coaching session and unlimited inquiries with LT's Performance group to ensure your success.

SPRING SPEED & AGILITY TRAINING - 6 WEEKS

PROGRAM DESIGN

Progressive overload muscles with functional speed and strength training to enhance muscular performance and develop explosive power.

TRAINING

- 6 explosive powerdrills
- 6 speed & Agility drills

WEEKLY COACHING CALLS

You will receive a weekly coaching session for our team to ensure your success.

EXPLOSIVE POWER SUMMER CAMP - 6 WEEKS

PROGRAM DESIGN

If you want to make sure your team is ready for next season, this is the right program for you! We come to your campus and work with your team for 6 weeks during the summer on the field.

TRAINING

- Strength and general conditioning
- Dynamic functional explosive power system
- Speed prep
- Explosive power drills

ON THE GROUND SUPPORT

Our team will be there to coach your team alongside you throughout the summer camp on the field.

Title 1 Schools partnered with the Tomlinson Center for Leadership receive a comprehensive program at no cost.

**FOR MORE INFORMATION ON HOW YOUR ATHLETES CAN
UNLOCK THEIR XPLOSIVE POWER**

CONTACT PERFORMANCE@TOMLINSON.CENTER



OUR RESULTS ARE XPLOSIVE

A 6-week case study was performed with the **Bonham High School Athletics Department**. The goal of this study was to demonstrate an increase in boys/girls athletic performance. The students were measured on the four athletic components including:

INDIVIDUAL POWER - STAMINA - SPEED - AGILITY

METHODS

Students were required to undergo 4 testing sessions over a 6-week period. These sessions were separated by 4 weeks and included the following drills:

- 60-yard sprint team speed drill that measured starting speed, max speed, and repeated speed
- 60-yard shuttle team agility drill that measured agility, acceleration, stamina, and power

RESULTS

The study demonstrated an increase in all four components of athletic ability including:

20.9% INCREASE IN BOYS TEAM SPEED AND STAMINA
30.2% INCREASE IN BOYS TEAM AGILITY AND POWER
22.8% INCREASE IN GIRLS TEAM SPEED AND STAMINA
31.8% INCREASE IN GIRLS TEAM AGILITY AND POWER



FIND OUT HOW YOU CAN GET THE SAME
XPLOSIVE POWER PROGRAM AT NO COST
CONTACT PERFORMANCE@TOMLINSON.CENTER