



## **2019 Summer High School Live Training Workshop Special**

**Bring Dave to your school or organization for a 4-Hour  
Live First Step Speed and Variable Resistance  
Training Workshop.**

**Workshop Includes:**

- 1. 2.5 hours of Athlete Training**
- 2. 1.5-hour Coaches Only weight room implementation training**
- 3. \$400 to put towards training bands and accessories**
- 4. Free Access to Dave's 9 Week Variable Resistance Speed and Power Development Program (\$59 Value)**

**Total Cost for Live Workshop - \$1199**

(There is an additional \$75 travel fee for schools greater than 2-Hours from Milwaukee)

**Interested Schools or Sports Organization should contact Dave  
directly at:**

**Email - [Dave@resistancebandtraining.com](mailto:Dave@resistancebandtraining.com)**

**Phone - 262 305 4753**