



**TWIST**  
CONDITIONING INC.



Unit 12-1225 East Keith Road, North Vancouver, B.C., VJ7 1J3 • Toll Free: 1-888-214-4244 • Lower Mainland: 604-904-6556

## NEW from Twist Conditioning! The Competitive Edge DVD Series

Every Sport Conditioning Coach and Personal Trainer searches for innovative skills and drills to give their athletes and clients the competitive edge. Accelerate your ability to produce champions using a new piece of training equipment or a new training concept when you implement this great new DVD series from Twist Conditioning. The Competitive Edge DVD series was designed to allow you to hit the ground running with your equipment, and to provide new ideas on how to use traditional equipment.



**The Competitive Edge: Ladders and Hurdles** – Sport requires that athletes have fast feet, coordination, agility, speed and the ability to change direction quickly. Training athletes with ladders and hurdles is efficient and effective as well as mobile. Build great movement patterns to challenge your athletes using this progressive collection of drills.

*Equipment Utilized:* Flat Rung Agility Ladder, Micro Hurdles  
CE-LH \$18.95



**The Competitive Edge: Agility Cones** – Teach your athletes strong multi-directional movement patterns, agility and speed using this basic training tool in various configurations. Set up an agility course anywhere and get multiple athletes training with high tempo and competitiveness by applying these fun and challenging drills.

*Equipment Utilized:* Agility Cones  
CE-Cones \$14.95



**The Competitive Edge: Speed Training** – Help your athletes and clients improve their acceleration, top end speed, stride length, and frequency. Use the progressive skills and drills covered in the Speed Training DVD to expand your coaching repertoire and watch your athletes accelerate.

*Equipment Utilized:* Leap Frogs, Singleman Overspeed, Parachutes, Power Break-Away Harness, Sled Dawg  
STDVD \$21.95



**The Competitive Edge: Plyometrics** – Strength and explosive power are critical for success in most sports and plyometric training will help athletes develop single leg strength, lateral movement, vertical and rotary power. Power up your athletes to improve overall performance with these challenging skills and drills.

*Equipment Utilized:* Plyoboxes, PowerPlyos™, Plyo Hurdles, Vertical Master, Economy Vertical Master.  
CE-Plyos \$14.95

**A great value for 4 DVD's for under \$75.00\***

\*Does not include the cost of taxes and shipping

To order: (TF) 1-888-214-4244 ext. 0 or [www.athleteconditioning.com](http://www.athleteconditioning.com)