



PlyoCity Coaches Information Packet

The PLYOCITY MOBILE WORKOUT PROGRAM Is Now Available In YOUR AREA!

Dear Coach,

The following is some information concerning **Plyometric Training**, in particular, my **Mobile Plyo Program**. Over the past 7 years I have had the pleasure to **train over 350 teams** and **over 20,000 athletes** representing 18 different sports with athletes ranging in age from 8 to 40. These workouts were initially set up just to train my son Steffin, who in 3 years went from a beginner in volleyball to being one of only two high school volleyball players in the country selected to train with the US World University Games team. As a result of several thousand workouts, I have designed a Plyo workout that is **safe, efficient** and the **most intense** in the country. Best of all, **it's affordable** and **I guarantee to drastically change the foot speed quickness and explosiveness of every athlete PlyoCity trains**. With a 20-year background in "jump training" I have been on a mission driven by one passion – **RESULTS**.

Why Choose PlyoCity?

The following testimonials will give you insights as to the effectiveness of the PlyoCity program.

KARCH KIRALY – 3 time Olympic Gold Medallist, Voted The Greatest Volleyball Player Of All Time- IOC

"We've created a workout that is easily harder than anything I have done in my life," said Kiraly. "I enjoy the results. I feel like I've been able to turn back the clock. I jump higher. I'm stronger and I'm quicker than I was a year ago. I'm always looking to add things to the workout regimen. This seems to be paying the results."

MISTY MAY- #1 ranked Women's Beach Player in the world

"Ever since starting the plyometric workouts, I have felt more energized and have shed some weight. I now feel confident when playing long matches that I can out last the opponent and still feel fresh. **PlyoCity pushes me to achieve my best!** I believe that PlyoCity is a great start for young kids that play sports. It helps with coordination but it also surrounds them with others that are trying to take their game to the next level. It promotes speed, agility, and concentrates on strength building."

3 Unique Video Programs Will Be Available

Please contact me at (949) 689-0807, e-mail: mrangel@plyocity.com or visit our website at www.plyocity.com.

Sincerely,

Michael J. Rangel – Founder
PlyoCity Youth Development