



Presents...

## Innovative, Awesome And Controversial Training Methods Getting Huge Results in 2009!

### *What You'll Discover Inside:*

**The 7 Most Common Training Mistakes—Why YOU Might Still Be Slow** (The Research Has Been Done, The People Have Been Surveyed & And Now, We Have Got Ourselves The List!)

**Is Your Core Training Even Working Right?** (The Answer WILL Surprise You!)

**How To Always Be Unbelievably Motivated** (This Is An *Obvious* Secret That NO ONE Pays Attention To!)

**The CLOSED “Results-Only” Program That -Might- Be Re-Opening It's Doors** (I really wasn't sure if this would work like it did ...but I'm stoked with the results!)

### **The 7 Most Common Training Mistakes—Why YOU \*Might\* Still Be Slow**

Lots of athletes are still slow. Now, I wouldn't call it an epidemic or anything extravagant like that, but let's be honest, WAY too many athletes are still SLOW as molasses.

And to make matters even worse is the crazy amount of conflicting information found everywhere: books, Internet, magazines, articles, videos and all kinds of other stuff. And you're stuck at the very start, trying to find a needle in a haystack.

## It Can Be A Struggle...

I can't really blame you for being confused as to actually how to get faster, how to get more athletic and how to get tons of raving fans and admirers all cheering and looking up to you. It's a seemingly impossible, uphill battle.

Now, what's cool is that being slow, or being fast is a choice. A decision that you get to make for yourself...you just gotta find the right information and execute!

## There Is ALWAYS A Solution

So for some strange reason, I decided I really wanted to get a list compiled of the 7 Most Common Training Mistakes athletes are making RIGHT NOW (truthfully, I just chose 7 because it's my lucky number!).

Now, before I unveil this pretty cool list to you, I should probably note that so long as you're working hard, you're still doing more right than you're doing wrong...there's probably just a lot more you could be doing even better...imagine your results at that point!

Here we go...

1. You Are Burning Yourself Out Of Big-Time Results There's a big time misconception in the training community that intensity is just a measure of how "hard" you're training and trying. Screaming and yelling is "high-intensity" they say.

**But...**

REAL intensity is actually a measure of how heavy the resistance you're working with is. If you're doing deadlifts with a weight so heavy you can only lift it one time, that would be a really, really heavy, right?

So, based on the textbook definition of intensity, that would also be a really intense exercise...even if you didn't yell, scream or jump around like a maniac :-)

Now, what's crazy is that when you lift truly intense weights (remember, it's just heavy amounts of resistance), it places a ton of stress on your body, mind and Central Nervous System.

If you do it too often, you end up burning out, performance drops and you feel like crap, to put it nicely (or at least kinda nicely). Most athletes are probably suffering from some form of this with out even knowing it.

So if you've ever felt burned out, overly tired or just not quite "like yourself", this might have been your culprit the whole time.

2. Your "Speed Training" Is Actually "Slow Training" Getting faster is great...I'm all for it!

The problem comes up when athletes run sprints thinking they're training their bodies to run faster, when in reality, they're just teaching it to recover faster! I'll explain...

REAL Speed Training is when you include full recoveries between each sprint so that the next sprint you run is at YOUR top speed. Way too many athletes' rest periods during their speed training are too short...

...and when they're too short, they're still somewhat tired for their next sprint and because they're still a little winded, their sprint training is NOT at top speed, just somewhere near or close to top speed. In the training world, we call that "conditioning".

And conditioning doesn't make you any faster, it just puts you in better condition.

Now, of course there's nothing wrong with being in kick-butt shape, but you should definitely be saving conditioning work for your conditioning workouts and Speed Training work for Speed Training workouts.

3. Putting TOO Much Emphasis On Core Strength Can't be, right? Think again! It can!

There's obviously tons of buzz going around about "core strength" and how important it is and, truthfully, that's all good and cool. Having a strong core is a good thing.

But, most "core" advocates are kinda going about it the wrong way. Lots of crunches, sit-ups and other old-fashioned ab exercises seem to be the norm.

## Why Is That Wrong?

First, since we are talking about athletes here, we are worried about function. We want to train the core in a way that promotes better performance on the field or court, and one that prevents injury.

Sit-ups and crunches kinda stink because:

1. They put the back in a state of kyphosis (rounded over) each and every time you crunch or sit-up. A little kyphotic posture is normal around the thoracic spine, but it's not something you actually want (unless you like injuries and back pain and stuff).

2. In Low Back Disorders: Evidence-based Prevention and Rehabilitation by Dr. Stuart McGill, Dr. McGill says that the typical sit-up places on average 730 lbs. of compression on the spine, each and every time you sit-up.

Ironically, the National Institute for Occupational Safety and Health (NIOSH) has set the action limit for low back compression at just around 730 lbs. and they've found that repeatedly loading the spine at that level or above it is major cause of injury in workers.

So, you're looking at an exercise that seems to hurt A LOT more than it helps. What's the best way to train the core?

It's a combination of a few things (and this often depends on your own natural physiology and anatomy): Lifting heavy weights with major core lifts (think squats, deadlifts, chin-ups, things like that), working on stability in all 3 planes of motion (sagittal, frontal and transverse) and some more traditional flexion stuff (I like hanging leg raise variations for this).

#### 4. Giving Up Way Too Early In The Count

The biggest culprit why athletes fail with their training is accountability. When you don't have a distinct reason to push yourself or someone there to keep you motivated and focused, it's just so easy to say "Forget it. I'm through."

### Listen To This...

There was a baseball player I saw in the gym a low who had a lot of natural talent, but he never seemed to do anything with it. He always seemed motivated to get better and make some really cool things happen in his life, but never actually did.

So one day, I just asked him, "Dude, what's the deal?"

He told me he really truly wanted to make it happen, but just couldn't find something that would work for him. When he started to explain to me everything he had been trying with his training, I finally realized what his issue was and stopped him mid-sentence...

“Stop right there. I know what your problem is, and I can fix it right now,” I told him.

I did a couple tests on him, got the info I needed, and went right over to a scrap piece of paper and wrote the next four weeks of his training down for him.

I told him that this program was exactly what he needed, and to start right away.

He was totally excited and amped up. He went right over to his first exercise and got to work.

## The Results Came Flying In

Four weeks later, he had put on 3 ½ lbs. of solid muscle and was a million times faster than he had been before. Eight weeks later, he had added 6 lbs. of lean, ripped muscle and was basically a speed demon.

The next year, he went on to play college baseball.

Now, what's the point of that story? When he first started to explain to me what was going on with him, he started telling me about all of these different training programs he had been trying.

It didn't really matter to me what the training had been, it was that he could never stick and follow through with one thing.

Of course, I didn't tell him that. He needed a training program that he believed in, something I knew he would follow through with. So when I told him "I know exactly what you need," he just figured it was some super-secret training secret I was about to impart on him. Not quite...

I didn't do anything magical. Sure, the program I wrote for him was pretty darn good, but it was just the fact that it was coming from someone like me and me telling him, "I know what you need," that I knew he'd 100% stick to it.

And when you stick to good training programs and have the accountability of someone like me looking over your shoulder, good things are bound to happen.

5. Your Injury Prevention Isn't Preventing Anything There's a really cool theory in the injury-prevention world called "the stability-mobility continuum".

It basically just says that at every other joint moving up the kinetic chain, you either need more mobility or you need more stability (to best prevent injury).

So, starting at the ankle, you need more mobility there.

Then, the next joint is the knee, you want more stability there (lots and lots of stability, I don't want to see another ACL injury on ESPN!)

Then, at the hips, you want more mobility. And it goes all the way up the rest of the body.

While it's not a perfect science, it does work out really well for athletes.

By the way, there is a difference between flexibility and mobility. Flexibility is just the certain "sensed" length of a muscle. You

could have good flexibility in your quad right now, stretch it for 10 minutes and then have great flexibility there. Then, 20 minutes later, it's just good flexibility again. To be honest, flexibility isn't as important as mobility.

Mobility is the range of motion you have around a joint. Can you move your foot in a full circle around your ankle? That would be a good test of ankle mobility.

6. No Model To Base Your Results On I've been reading a lot of Tony Robbins stuff lately, and he actually has a lot of pretty cool things to say. One thing he talks about a lot is the term "modeling".

To him, modeling is about re-tracing the steps of the people who are in the position you want to be.

So, if you're a basketball player and want to be like Kobe Bryant, then it'd probably be smart to try and model a lot of the things he did to get where he is today.

Naturally, you don't want to do everything he did because you guys are 2 totally different people, but there is obviously something to the way he does things and it'd probably be a good idea to try and model some of the things that have made him so successful.

Now, often it's hard for you to actually know exactly what he does, since he is a pro and only a certain caliber of professionals have access to athletes of that caliber.

At that point, you'd be best off finding someone who truly knows what they're doing and what they're talking about, and get your advice from them. While they may or may not know exactly what Kobe does, their level of expertise will usually at least guarantee that they know what to do for you.

7. Being Able To Adapt "On The Fly..." This mistake is probably not your fault since it takes a trained eye and a lot of good intuitive ability, BUT being to able to in the middle of a training cycle, make changes and adjustments to your training program can have a lot of benefit to YOU...it's just kinda risky if you do it wrong.

## Let me set the scene:

You're two weeks into a 4-week training cycle that is focusing on getting you awesome, unstoppable acceleration and you find that what you've been doing has done nothing for you. You're probably a little annoyed at this point, right?

Sure, you could scrap all of it and start over with a new program. But then you've just wasted the last 2 weeks of your precious training time.

Or you could keep going with what you've been doing and just pray and hope that on an off-chance, something good actually happens. I don't know about you, but I don't like to leave my training, which is so darn important to me, up to chance.

So what I do for my Platinum Athletic clients (and this skill has taken A LOT of time to learn) is pinpoint exactly what's going wrong and make small, little tweaks to their training that pay off massively.

That way, no time is wasted and they still get all of the results they're after, even if something was going wrong at first.

Imagine that, even after some early mistakes, you can still salvage all of your time and make big-time breakthroughs...good stuff going on there.

**BONUS Part II: Mini Case-Study: The “Results-Only” Training Program That Can Confidently Guarantee Better, Faster & Stronger Athletes (and it's actually re-opening its doors next week for 12 special athletes next week?)**

**As all of the thousands of coaches and parents** who took part in *The Truth About Quickness Insider's System* know, the *Platinum Athletic Coaching Program* has been closed for a while now (well, we have been accepting applications and placing those who qualify on the waiting list, but you know what I mean).

And most people, already know what it's all about...

...the guaranteed results, the blazing speed and quickness gains, the confidence, the massive explosive strength gains, the accountability, the bullet-proof injury prevention and flexibility training, the exclusivity, all that

good stuff (if you don't, then definitely go here NOW:

<http://www.gamespeedinsider.com/coaching>).

I mean, that's not nearly all, and frankly, this newsletter isn't meant to be a sales pitch at all (heck, you can't even get into *The Program* now, how is someone going to sell it?).

That really wouldn't even be necessary because *when it is available*, **spots seem to fill up within a matter of a day or two for the most part.**

*Anyways, here's the crazy news I saved for the end to drop on you:*

It is opening back up next week to a grand total of 12 people (some cool things have changed here for me, and I now have some more time to dedicate to a few, special athletes).

After that, it's gone and closed back up again.

### **Why?**

Simply because ***I spend so much time focusing on and working with my Platinum Athletic Coaching Clients, I have to severely limit the amount and type of athlete I'm willing to accept.***

Every athlete in *The Program* has these five qualities:

1. Unbelievably motivated
2. Dedicated like you wouldn't believe
3. Completely NOT afraid to fail

4. Have clear and concise goals
5. Willing and ready to make some awesome changes to their athleticism and performance

If you do actually qualify based on those requirements, then it depends on if there are spots left and if I'm pretty certain I can kinda change your life. If all of that fits, then **we start making things happen for you.**

If you are interested and think you do qualify, then be sure you don't miss out when *The Platinum Athletic Coaching Program* opens its doors for the small, selective group of 12 people next week (I think it's going to be August 17<sup>th</sup>).

I'll be sure to get you some more information about *The Program* later this week...keep your eyes peeled, it's going to be some pretty cool stuff.

**Wishing you awesome success,**

Alex Maroko

*The Platinum Athletic Coaching Program*

*The Truth About Quickness Insider's System*

*The Effective Ball-Handling Program*

*Game Speed Insider*

