

Explosive Sports Performance

Vertical Jump Explosion Program



Explosive Sports Performance (EXSP) has excelled in developing the skills of athletes since February 2002. We are an organization focused on empowering athletes of all ages to **Unleash Their Potential**.

Are you looking to put on serious inches onto your vertical jump?
Look no further than the **EXSP Vertical Jump Program**.

This program has helped numerous athletes improve their vertical jumping ability, adding up to 5 inches of vertical ability over a 6 week period.

The benefits of this program include:

- ✓ Increase in Jumping Ability
- ✓ Increase in Explosive Power
- ✓ Improve 1st Step Power
- ✓ Improve Quickness
- ✓ And much more!

Don't settle for your current performance level. Get proper instruction on how to explode your body off the ground. *Having a powerful vertical jump helps provide a competitive edge in any sport.*

Class held Monday and Thursday from 4:30-5:30pm
June 17th-Aug 1st (No class the week of July 1st)
Cost is \$200

For just \$50 more, enroll in the 9 week **EXSP Summer Special** from June 10th- August 10th
For just \$70 more, enroll in the 11 week **EXSP Summer Special** from June 10th-Aug 24th

For more information contact Dave at 717-571-1262 or 717-571-4776, or via e-mail at exsp@verizon.net

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