
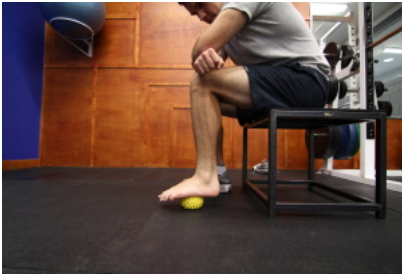
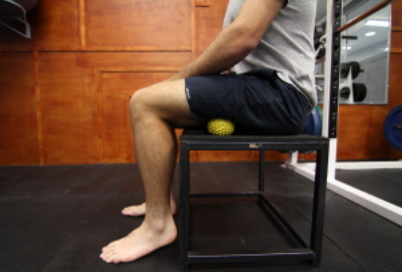



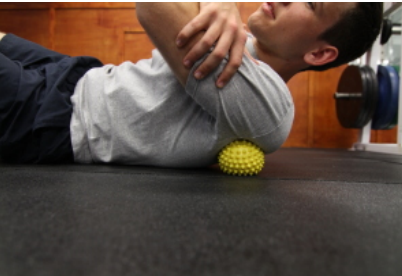





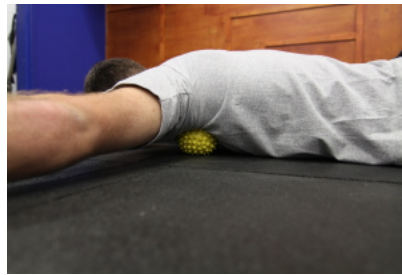






**Acceleration®**  
ENHANCING SPORTS PERFORMANCE

<input type="checkbox"/> <b>Suboccipital</b> 	<input type="checkbox"/> <b>Plantar Fascia</b> 	<input type="checkbox"/> <b>Hamstring</b> 
30-60 sec each side	30-60 sec each side	30-60 sec each side
<input type="checkbox"/> <b>Deep Hip Rotators</b> 	<input type="checkbox"/> <b>Calf</b> 	<input type="checkbox"/> <b>Latissimus Dorsi</b> 
30-60 sec each side	30-60 sec each side	30-60 sec each side
<input type="checkbox"/> <b>Side of Shoulder Blade</b> 	<input type="checkbox"/> <b>Side of Hip</b> 	<input type="checkbox"/> <b>Illiotalband</b> 
30-60 sec each side	30-60 sec each side	30-60 sec each side
<input type="checkbox"/> <b>Hip Flexor</b> 	<input type="checkbox"/> <b>Quadriceps</b> 	<input type="checkbox"/> <b>Psoas</b> 
30-60 sec each side	30-60 sec each side	30-60 sec each side
<input type="checkbox"/> <b>Pectorals</b> 	<input type="checkbox"/> <b>Upper Trapezius</b> 	<input type="checkbox"/> <b>Thoracic Spine</b> 
30-60 sec each side	30-60 sec each side	30-60 sec each side