

# Newman Sports SAQ VertiMax Training



Newman Sports now proudly offers the opportunity for your athlete to work on the premiere multi-sport training system available - the VertiMax. VertiMax is the only system designed to biomechanically employ light-load, high-speed training methodologies that maximize an athlete's speed, vertical jump, agility and first step quickness.

**VERTIMAX**<sup>®</sup>  
EXPLOSIVE POWER WIND



Traditional performance training focuses solely on the development of strength and power related to the drive aspect of the legs (pushing down on the ground). VertiMax accomplishes that along with development of the hip flexors, adductors, and abductors – the muscle groups associated with leg recovery (lifting off the ground), balance, and stability in a low resistance and high speed environment.

Newman Sports offers VertiMax training on a stand-alone basis or integrated with current SAQ training programs. Due to the individual coaching necessary to obtain optimal results, space is currently limited to a maximum of two athletes per session. It is highly recommended that the VertiMax be incorporated into a full strength and SAQ program.

VertiMax training sessions are typically conducted two or three times per week (dependant upon program development based on athlete) with each session lasting approximately one half hour. Program development, evaluation, and training is managed by a National Exercise & Sports Trainers Association certified SAQ Trainer.

*Vertimax is currently used by:*

- Over 200 college programs
- 14 NFL teams
- 11 NBA teams
- 6 MLB teams
- Multiple Premier League teams including Manchester United



**Contact Newman Sports for session availability, pricing, and schedule:**

Email: [coachnewman@newmansports.com](mailto:coachnewman@newmansports.com)

Phone: 703-753-8868



*"It is clear that strength adaptations are greatest when resistive exercises are performed in a velocity specific manner. High-velocity, low-load training is related to an ability to produce force quickly. High velocity resistive exercise results in specific high-velocity adaptations and should be employed when attempting to enhance high speed movement."*

**Lee. E. Brown**  
American College of Sports Medicine Journal

*"The VertiMax training device is an integral part of our strength and conditioning program at the University of Florida. We believe that this training device incorporated into our program has helped our team make remarkable improvements to our explosiveness and power."*

**Urban Meyer**  
Head Football Coach, University of Florida