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### SuperSpeed CERTIFICATION

Level 1 defines OverSpeed training and the adaptations for swinging sports. This level covers everything you need to know about SuperSpeed training including weight differentials, fitting guidelines, and common errors while performing the protocols. We also explain the importance of non dominant training and proper dynamic warmup routine.

Level 2 begins with a deeper breakdown of the SuperSpeed protocols. Using an interactive learning experience, we explain how to create speed using the ground through vertical forces, lateral forces, and torque. You will then learn about junior speed development by exploring our junior training protocols. Finally, we provide you with the proper resources to start running speed schools at your facility.

Level 3 elaborates on the biomechanics aspects of speed. We show you how to test for our 3 major components of speed without the need for further equipment. These being ground force mechanics, rotational sequencing, and lag. We then breakdown the kinematic sequence showing the effects of energy throughout the chain. Finally, we provide advanced speed development protocols to individualize your speed training program