



The Agility Training Group incorporates the Vertimax system into its circuit training program. The Vertimax employs a high velocity, low-load training platform that is designed to improve force and speed which will increase overall power.

The Vertimax system is used by professional, college and high school athletic teams/departments throughout the country and abroad. As an example:

- 12 NBA Teams
- 13 NFL Teams including 5 of the last 6 Super Bowl Champions
- 21 of the 25 Top Ranked NCAA Division I Football Teams
- Top Ranked NCAA Division I Basketball Teams including University of Florida and Ohio State
- Numerous MLB Teams including the NY Yankees
- Several NHL Teams

All use the Vertimax system as part of their training regimen, and the list goes on!

If you have questions on how we can provide assistance to you, your team or organization, contact us at: moreinfo@agilitytraining.org.

Thank You,
The Agility Training Group, Inc. Staff
www.agilitytraining.org