

CURRENT RESULTS

Updated 6/29/10

*Check out some of these fantastic results from our Adrenaline training members using the Adrenaline Training System (ATS).
Train like a pro at Adrenaline Athletic Training.*

- 8-year-old, Fabian Quintero, has increased his long jump 9 inches and decreased his 40-yard dash by .33 seconds since he began training at Adrenaline in mid-May.
- Coco Wilcots, an incoming freshmen football player at Cajon High School, continues his strong improvements by decreasing his 20-yard shuttle by .26 seconds in his last 6 weeks of training.
- 15-year-old, Taylor Stewart, added 1 ½ inches to his vertical jump, 2 ½ inches to his broad jump, decreased his 40-yard dash by .15 seconds, his 20-yard shuttle by .14 seconds and added 1 foot to his power ball toss in his last 6 weeks at Adrenaline.
- 13-year-old softball player, Kyla Colburn, added 1 ½ inches to her vertical jump and also took .26 seconds off her 20-yard shuttle in her last 6 weeks at Adrenaline Athletic Training.
- 15-year-old Yucaipa football player, Dallas Mohler, has improved his vertical jump 4 inches since the end of March, thanks to his hard work at Adrenaline Athletic Training.
- Sebastin De La Torre, a youth football player, has improved his vertical jump 1 ½ inches, lowered his 40-yard dash by .24 seconds, and lowered his 20-yard shuttle time by 0.5 seconds in his last 6 weeks in preparation for the fall football season.
- Stephen Slaten, an incoming freshmen football player at Yucaipa High School, improved his vertical jump by 3 ½ inches in his last 6 weeks of training as he prepares for the rigors of the high school football season.
- 10-year-old baseball player, Cameron English, has decreased his 20-yard shuttle time by 0.21 seconds and improved his power ball toss by 1 ½ feet in his first 6 weeks of training at Adrenaline.
- Dino Suarez, a 13-year-old football and baseball player, lowered his 40-yard dash by 0.18 seconds and his 20-yard shuttle 0.26 seconds, while also adding 1 inch to his vertical jump, all in his last 6 weeks of training.
- 10-year-old football player, Andres Blancas, decreased his 40-yard dash by 0.17 seconds, decreased his 20-yard shuttle by 0.82 seconds and added 1 ½ feet to his power ball toss during his last 6 weeks of training.

Athletes from all over the Inland Empire are coming to Adrenaline Athletic Training to train like a pro. We have training athletes from Temecula to Apple Valley, from Norco to Yucaipa, and all cities in between.