

CURRENT RESULTS

Updated
2/17/10

*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.*

- 10-year-old, Austin Mills, decreased his 20-yard shuttle time by .2 seconds over the last six weeks, and also increased his standing long jump by 1 ½ inches.
- Jordan Keller, a 10-year-old baseball player, improved his vertical jump by 1 ½ inches in the last 6 weeks, while also improving his 40-yard dash by .13 seconds and 20-yard shuttle by .24 seconds.
- 9-year-old, Robert Mattei, has decreased his 20-yard shuttle by .33 seconds, and improved his vertical jump by 2 inches in only the last 6 weeks at Adrenaline.
- 13-year-old, Jake Jacobsen, has decreased his 40-yard dash by .51 seconds and his 20-yard shuttle by .5 seconds.
- Jake Hafner, a 14 year old Yucaipa football player, has improved his vertical jump by 3 inches, his long jump by 6 inches, decreased his 40-yard dash time by .21 seconds, and decreased his 20-yard shuttle by .18 seconds.
- Cliff Moss, a Murrieta Valley Soccer player, has improved his vertical jump by 4 ½ inches since November, and improved his long jump 5.5 inches.
- Since December, Will Chesney, a 14-year-old football player from Notre Dame High School, has decreased his 40-yard dash by .4 seconds, his 20-yard shuttle by .24 seconds, and improved his vertical jump by 6 ½ inches.
- 8-year-old, Nick Pena, has improved his vertical jump by 1 ½ inches and decreased his 40-yard dash by .44 seconds since the beginning of January.
- 13-year-old football and baseball player, Dino Suarez, has improved his 40-yard dash time by .13 seconds and his 20-yard shuttle by .1 seconds in the last 6 weeks.
- 13-year-old, Coco Wilcots, has improved his vertical jump 2 ½ inches, decreased his 40-yard dash by .12 seconds, and taken .2 seconds off his 20-yard shuttle in his last 6 weeks of training at Adrenaline.

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.

Ask us how you can get started today!