



SPECTRUM

SPORT PERFORMANCE



PROGRAM

Movement Screen
Body Composition
Nutrition Evaluation

Performance Training
Corrective Exercise
Movement (Test and Position Specific)
Power (Test and Position Specific)
Strength (Test and Position Specific)
Recovery
Nutrition



SPECTRUM SPORTS PERFORMANCE | COMBINE/PRO DAY PREP

PERFORMANCE TEST

40 yard Sprint

Pro Agility

L Drill

Vertical Jump

Broad Jump

225lb Bench Press

60 yard Shuttle

DAILY SCHEDULE

Monday

9:30 Corrective
10:00 Linear Movement
- Acceleration
10:30 40 yard
11:00 Power
11:30 Lower Body
Strength

Tuesday

9:30 Corrective
10:00 Upper Body
Strength
10:30 Multi-
Directional Movement -
X-over
11:00 Shuttle
11:30 Upper Body
Metabolic

Wednesday

9:30 Corrective
10:00 Linear Movement -
Absolute Speed
10:30 40 yard
11:00 Single Leg Power
11:30 Recovery

Thursday

9:30 Corrective
10:00 Upper Body
Strength
10:30 Multi-Directional
Movement - Cutting
11:00 Three Cone Drill
11:30 Upper Body
Metabolic

Friday

9:30 Corrective
10:00 Linear Movement -
Starts/Power
10:30 40 yard
11:00 Power
11:30 Lower Body
Strength