

Garage Strength - Lateral Speed Program

What Is The Program Focus?

Exercises that are designed to develop explosiveness and speed on the horizontal plane

Comprehensive strength training that will make you stronger and faster simultaneously

Applies to multiple sports that demand lateral movement across the field or court

Program Difficulty



This program is designed for athletes who have previous experience lifting. You will be challenged not only to push yourself through hard sets but to approach every lift with a technical mindset.

Program Details

- **60-90 Min Workouts**
- **4 Days Per Week**
- **12 Weeks Long!**

Equipment

The unique exercises included use a myriad of equipment

- Lifting Platform
- Bumper plates
- Squat Rack
- Bands
- Glute Ham
- Bench
- Dumbbells
- Cable Machine
- Pull Up Bar

Sales page: <https://www.garagestrength.com/products/lateral-speed-program>