


FASTEST WAY TO GET FASTER

The Main Foot Killer

with Jared Falk

a) 
R L L R R L L R

SPEED TEST

60 65 70 75 80 85 90 95 100

b) 
R L R L R L R L R L R L

SPEED TEST

60 65 70 75 80 85 90 95 100

c) 

SPEED TEST

60 65 70 75 80 85 90 95 100