As promised, here’s **"7 Foot Speed Secrets From The Godfather of Sports Performance Training."** 

Download Your Guide Here

This guide teaches you how to **build foot speed and quickness** by mastering the speed ladder.It’s powered by the coaching advice of Chip Smith—“the Godfather of Sports Performance”—who has trained all-stars, Olympians and MVPs for more than three decades. In the guide he explains…

* The simple fix to a crippling error slowing down most athletes
* What every athlete should focus on when they first start speed ladder drills
* How to breathe during the drills—and why you need to get it right
* The right (and wrong) way to move your arms, with a simple tip for perfecting your form
* The surprising words that make your feet move faster.
* **Bonus**: A 10-point checklist every athlete should follow when performing speed ladder drills.

If you want to learn even more about Chip’s method for developing elite-level agility and quickness, he’s recently made his entire speed ladder training program available.

Check out Chip’s complete training method here.

The system is designed by Chip himself and uses the same methods he uses in his gym every day with elite professional athletes. In just six weeks, you’re guaranteed to be quicker and more agile—or your money back.

Try it today

Yours in Quickness,

**The STACK Team**