

# Why EXSpeed?

Product Comparison:  
**A Leading High Speed Treadmill Program**  
 v.  
**Woodway ELG featuring EXSpeed™ Max**  
 v.  
**Woodway Pro featuring EXSpeed™ Pro**

	<b>Leading Program*</b>	<b>EXSpeed™ Max</b>	<b>EXSpeed™ Pro</b>
Equipment Cost	\$66,000*	\$35,000	\$20,000
Initial Franchise Fee	\$15,000*	\$0	\$0
Initial License Fee	\$0*	\$4250	\$2950
Total Investment	\$86,000*	\$39,250	\$22,950
<b>Programs:</b>			
Yearly Franchise/ License Fee	\$5,000-\$28,000*	\$0	\$0
High Speed Treadmill Training Program	Included	Included	Included
Individualized Programming	1 Entry Level Program	24 Entry Level Programs	24 Entry Level Programs
Programming for long term/returning athletes	4 returning athlete programs	12 returning athlete programs	None
Versatility of Programs	Very little to no adaptability	Easily adapted between & during sessions	Easily adapted between & during sessions
Metabolic Testing	None	Included with iMett®	Included with iMett®
Metabolic Training	None	Individualized volumes & recovery prescription	Individualized volumes & recovery prescription
Plyometric Program	Included	Optional	Optional
Agility program	None	Optional	Optional
Staff Educational Training	Limited # at company headquarters	On-site training included for unlimited # of staff	On-site training included for unlimited # of staff
Max # of athletes/week with 1 treadmill	100	240	240
Injury rate	Exact # unknown	Less than .3%	Less than .3%

\*Prices are estimates for demonstration purposes  
 © 2007 Maximum Training Solutions, LLC  
 EXSpeed is a trademark of Maximum Training Solutions, LLC

**Maximum Training Solutions, LLC**  
introduces



***"Exceed Your Limits"***

A Truly Unique Tool for Speed Training:

- High Speed Treadmill Training Program which allows for individualization of speed programs
- Used as a tool within an athlete's overall performance enhancement program
- Over 5 years of research & development on thousands of athletes
- Improve stride frequency, stride length, power development, sprint mechanics and fitness all in one easy to use tool
- Impressive average results of .17 seconds in a 40 yard dash in a 8 week program training 14-22 year old athletes
- *EX Speed™* is the only treadmill program which takes into account the metabolic needs of the athlete by prescribing volumes & recovery rates based on their fitness
- No long term franchising fees
- *EX Speed™ Max* is the most comprehensive treadmill training tool on the market
  - 36 different training programs to fit every athlete's needs
  - 24 entry level programs
  - Uses the Woodway ELG treadmill with elevations up to 35%
- *EX Speed™ Pro* is an all inclusive jumpstart program
  - 24 entry level training programs
  - Uses the Woodway Pro treadmill with elevations up to 25%

For more information:

**[www.maximumtrainingsolutions.com](http://www.maximumtrainingsolutions.com)**