



React!

My dear [SweatCommunity](#),

Well it's been quite an exciting past week for Sweat City. And let's just say not in a good way.

The other day, our Co-Owner and Vice President Zac Pruitt got rear ended on the freeway on his way to boot camp. Zac got whiplashed pretty nasty and has been laid up and hurting the past week with back and neck pain. Not only did the idiot in the other car slam into Zac, but he took off in a hit-and-run.

But get this, the other driver hit Zac so hard that his license plate got indented into Zac's bumper, so there's a decent chance they'll find him and he'll get what he deserves.

Sweat City's tough luck doesn't end there. Tuesday night, I got bit by a dog. On the nose. Badly. How badly? Plastic surgery badly.

A small bit of the tip of my nose got taken off, and it took 3 hours of plastic surgery to reshape it and stitch it up. It's looking like a pretty ugly scar smack dab in the middle of my face for the indefinite future...

Ever heard of someone who got hit by the ugly stick? Well now you have. Well, bitten by the ugly stick to be more specific.

Been pretty depressed the past few days. But I'm not telling you all this for sympathy or to vent about our tough luck (although sympathy emails are welcome). I'm telling you this because there's an athletic/fitness lesson to be learned from this...

HAVE FASTER REACTIONS!

From now on, when a dog snarls at you and your face is a foot from his, you're going to escape without losing a piece of your nose.

When you hit a quick stop in traffic and are going a little too fast, you're going to slam on the brakes just in the nick of time to avoid rear ending the guy in front of you. And if the car behind you is part of our SweatCommunity, you'll be safe from them too.

More importantly, as an athlete you are going to play phenomenal defense with your lightning quick reactions and doglike reflexes (I would've said catlike reflexes, but after Tuesday I'm

convinced dogs are faster).

Who knows, your enhanced reaction time could even save your life somewhere along the way.

So here are 2 different types of reaction drills to use to improve your quickness and timing.

Rabbit Drills (group training)

-Select one player to be the "rabbit" that the rest of the group is chasing.

-All players will start side by side and facing forward, with the rabbit in the middle of the group (imagine a track and every player has their own lane)

-The rabbit will sprint in a straight line and everyone else will copy exactly what the rabbit does in their own respective lanes.

-The rabbit may change directions, sprint, carioka, shuffle, backpedal to keep the chasers on their toes

-Chasers attempt to mirror the rabbit as closely as possible, coordinating their reaction time and footwork

Tennis Ball Drills (individual training)

-A player starts on a cone about 5-10 yards away from the coach

-The coach has a tennis ball that they hold at about eye-level

-As soon as the coach releases the ball, the player sprints forward and tries to catch the ball before it bounces a 2nd time.

-Distance can be varied to adjust difficulty

-Player's starting position can be varied: sitting down, sideways, face down, etc

Use these drills to keep your mind and body sharp. If Sweat City's employees had done more rabbit and tennis ball drills, we might have saved some chiropractor bills and nose tips.

Also, check out our [SweatChannel Drill of the Week: Reverse Zig Zags](#), to check out proper footwork in defensive players. One of my favorite drills for football, basketball, lacrosse, and soccer players.

Lastly, I've received some great feedback and questions regarding our World Domination Plans from last week. I've pushed the early registration price back to August 7th. After that, the price will be jumping up. We have just a couple spots left in each group, so hurry up! Stop procrastinating and change your life!

THE WORLD DOMINATION PLAN

3 weekend semi-private training sessions
\$120 value

5 [Boot Camp Classes](#)

\$50 value

6 At-Home Workout Scripts
YouTube video drill instruction
\$75 value

1 Month Nutritional Coaching and Consultation
\$30 value

Sweat City Dri-Fit T-Shirt or Tank Top
\$20 value

Fit Lifestyle Guide
FREE

Total Value: \$295

Early Registration Price before August 7th : \$145

**WORLD DOMINATION PLAN
FOR YOUTH/TEEN ATHLETES**

(new customers only please)

5 Group Speed, Strength & Agility classes

Ages 7-17

Sundays 10:30am at Cheviot Hills

Tuesdays 2:00pm at Santa Monica Airport Park

\$125 value

6 At-Home Workout Scripts
YouTube video drill instruction
\$75 value

Sweat City Dri-Fit Shirt or Tank Top
\$20 value

Athlete Training 101 Manual
FREE

Total Value: \$220

Early Registration Price before August 7th : \$120

"You've always been ugly. What's the big deal about your nose?"

Thanks Uncle Greg.

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