



New Sport Science Lab DVD Increases Athleticism

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Sport Science Lab and its founder, Gavin MacMillan have created and are currently distributing a new line of athletic DVD's. The Ballistic Ball Workout is the first in the series. Sport Science Lab's unique training system focuses on the balancing of muscles and proprioception.

PR9.NET November 19, 2008 - San Juan Capistrano, CA - Sport Science Lab just unveiled a new DVD, The Ballistic Ball Workout with Foundational Footwork, that has been proven to increase athleticism and more.

Gavin MacMillan, Founder of Sport Science Lab and former professional athlete, explains "This is the only sports training program that trains your Nervous System. One might be tempted to ask why? The answer is very simple. It's because the nervous system controls everything—limb speed, power, agility, grace, body integration, timing, rhythm, balance and coordination. These are the elements that define athleticism. Muscles simply contract and relax....when your nervous system tell them to."

"This is also the only sports training DVD that trains your feet. Energy starts at, and is transferred through, your feet. There are also a large number of proprioceptors in the feet and since proprioception is so important to athleticism, the unconventional exercises on the Ballistic Ball/Foundational Workout strengthens your toes, foot muscles and ankles to help increase athleticism" summarized Mr. MacMillan.

There are a number of elite athletes who use this program, including Troy Polamalu of the Pittsburgh Steelers, Tyson Chandler of the Charlotte Hornets (www.tysonchandler.com shows him doing the exercises on the home page), Steve Finley and most recently Aly Wagner from the gold medal winning US Olympic soccer team.

The unconventional program has also shown that it builds: balance, body integration & speed-strength; along with Increasing: speed, quickness, agility, flexibility & rotational power; and finally, Improving: coordination, rhythm, timing, stability and athleticism.

The DVD with all necessary equipment is only available online at www.sportsciencelab.com.

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About Quantum Communications

Quantum is strategic marketing and branding firm specializing in Disruption.

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