



XPLODE FOOTBALL

The only program in
Canada to prepare the
fastest athlete at the
2011 CFL combine.

- Along with having the fastest 40yd dash Andre Clarke had the longest broad jump at the CFL combine.
- XPLODE also helped prepare **18** athletes to represent Manitoba at the Football Canada Cup.
- XPLODE was handpicked by FBU to prepare the 3 Manitoban players chosen to participate in FBU "Youth all American Bowl".
- Had players referred to our program from as far as Virginia and Compton.
- A former NFL defensive back was referred to XPLODE by the Calgary Stampeders and ran his first 4.4 second 40yd since college.
- XPLODE has helped four players transition from university to the pros and currently trains 7 pro football players.

**OFF-SEASON
STRENGTH
AND CONDITIONING**

McDolesGym.com

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