



# The Ultimate **No-Bull** **Speed Development** **Manual**

The Ultimate No-Bull Speed Development Manual



A Step-by-Step Guide for Transforming an  
Everyday Joe (or Jane) Into a FREAKY FAST,  
Agile, and EXPLOSIVE Athlete!

For Athletes, Coaches, and Parents  
**Kelly Baggett**

# No Bull Speed Development Manual

**Sebastian Brünink**



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