

# TEAM TRAINING DRILLS

Using One or More  
VertiMax V8 Platforms

**Team Train 15+ Athletes Per V8**

- **Vertimax V8 has 5 attachment points**
- **Split athletes into 5 Groups**
- **3 Athletes/Group**
- **3 Exercises/Group**



## 3 Exercise Options/Group



### Exercise Type

1. **Vertimax**
2. **Body Weight**
3. **Core**

### Interval Options

- **Sets & Reps**
- **Time - 20-30 sec.**

## 5 VertiMax Station Exercise Options/V8

1. **Agility**
2. **Jumping**
3. **Speed**
4. **Power**
5. **Strength**



**Get More VertiMax  
V8 and Raptor  
Team Circuit  
Training Drills**

**Click Now**