

POWER STRENGTH
TRAINING SYSTEMS

COLLEGE FOOTBALL SURVIVAL GUIDE

For Entering Freshmen



Prepare. Survive. Thrive.

To those high school seniors - congratulations on achieving your goal of playing college football! You have earned it. It's a privilege to play the game of football and an even greater privilege to play at the collegiate level. You have officially committed and taken that next step to playing on Saturdays.

You have worked hard. You made it through the recruiting process. The training sessions, practices, games, camps, combines, visits, and travel all led you to this point. You and your family sacrificed a lot, invested a lot, and gave a lot of foresight into the future. Big decisions were made. It has all paid off because it led you here. What a weight off your shoulders being able to say where you're going to school!

Your parents, family, friends, and coaches are proud of you. You have an opportunity many of your teammates and peers will never have. You get to represent your family, school, and your community on a college football field. Cherish this opportunity and commit yourselves to high achievement.

It's been all about you for some time now. From here most people will tell you to enjoy the last few months of school, enjoy your final spring sport seasons, and enjoy the time with your friends because once college starts things will change. You should do all of those things and appreciate them. Time with your family and loved ones is especially important – don't take that time for granted.

But if you haven't noticed - the competition just took a giant leap forward. If you're like us, or the athletes we work with, your focus is already on reporting to your first collegiate training camp.

You may be ready to be done with high school and starting to wonder what college will be like. You're probably wondering if you're physically or mentally ready for the next level. As of right now, you most likely don't have a starting spot or even a backup role – have you thought what it would be like to have a back-up role for a year or two? Or three? You are looking forward to the freedom and the social scenes but you aren't sure what college classes are like, or how you'll manage your time. You're very talented but there's a good chance you won't be the best. You won't be the strongest. You won't be the biggest. And that's okay – IF you have the proper mindset that is focused on preparation for the next 6-months and beyond.

We're here to help and want you to succeed. Remember from above where it mentioned you have the opportunity to represent your community? For us, that includes West Michigan. We grew up right here in Grand Rapids and take great pride in enhancing the great football tradition we have in our area. The content on the following pages comes from years of experience and hundreds of college football players just like you that we have helped transition to the next level. In addition, we talked with football coaches and strength coaches from around the country and asked what they want to see in their first-year players.

This manual is designed to help you not only survive college football, but thrive, through preparation, a champion mindset, and shared wisdom. We will share what you need to know so you can transition better than anyone in your recruiting class. Audit yourself. See what you have, see what you need, and be the first to take action.

“When opportunity knocks, it's too late to prepare.”

The Countdown has begun.



The Truth

“All progress must start with the truth.”

This is a saying that is popular within our gym at PowerStrength. It’s a motto we use for honest self-assessment. It may make you uncomfortable so we instruct removing ego from the equation. Once we know the truth, only then can we begin to make progress (this will help you beyond football as well).

Revealing the truth is a key to survival. Read each statement below and be truthful with yourself. Are there a few you need to focus on to improve as an athlete, teammate, and person?

The truth is...

- ... what has gotten you to this point may no longer work like it has.
- ... you can’t act like you’re in high school anymore.
- ... over half of your incoming class will quit and won’t fulfill all their eligibility.
- ... you need to get better.
- ... the majority of your high school teammates don’t have the same goals as you do.
- ... you aren’t as prepared as you need to be for the college weight room.
- ... you aren’t as big, strong, or fast as you think you are.
- ... every player was the best on their high school teams.
- ... you have not proven anything at the college level.
- ... you need to be ready to get “de-recruited” as the fun attention process is over.
- ... you will soon be lifting, practicing, and playing with grown men.
- ... you need to know how to earn the respect of your teammates.
- ... you need to get rid of any entitled thinking or actions.
- ... you need to surround yourself with the best people and athletes you can find.
- ... you need to prepare your body, mindset, and habits – they all can, and need, to improve.
- ... you need to understand that it won’t be easy and nothing worth doing ever is.



Shut the Yearbook - How to Set the Tone Mentally

“Shut the yearbook” simply means that your high school career is completed and it’s time to work towards developing a mindset built for college. Your high school credentials won’t carry you at the next level. You won’t survive if you think they will.

While you were the “big fish” in high school, you’re now surrounded by other big fish. Realize that the goal of recruiting is to get as many big fish as possible and put them in the same pond. Now you must prepare to battle with the other big fish.

***Always remember that there are hunters and there are fishermen. Hunters go after what they want. Fishermen simply wait for what they want to come to them.
In football, school, and your career - you eat what you kill. Which one are you?***

Adopt the mindset that all incoming freshmen are in competition with you. You’ll compete with the upperclassmen later, but first focus on being the best freshmen. How can you gain the edge? It starts with understanding “why” you want to play. Ask yourself, “Why do I truly want to play football?”

Develop a real answer to this question. You’ll need it as your motivation to keep going through tough times and it will fuel you while others are fading, slacking, or quitting. You’ve heard the power of a strong “why” before, revisit this frequently. Your “why” will change just like you will.

You made the decision to commit to a new team, a new school, a new coach, new teammates, and a new training program. This is a full-time job. To do this job well you must have extreme attention to detail, clearly defined priorities, and successful time management habits. Set goals for yourself. Create habits for those goals. Take action and make sure your actions match your goals. If you want to be a starter or an All-American – ACT like it!

No matter what the level of play – D1, D2, D3, or NAIA – all are demanding and obviously take a level of commitment. Your time will be limited and you now have independence. You’re on your own. Your mother or family won’t be there to do your laundry, wake you up, or solve your problems. Start developing your mental discipline now by being punctual, planning ahead, creating priorities, and defending against procrastination.

Time is the one thing that you can’t get back. Many serious athletes develop morning or bedtime routines to ensure consistency on the important things. Others develop task lists and prioritize from there. Finding what works best for you will prevent you from “winging it” and it will show up in the weight room, in practice, in the classroom, and on game day. You are on your own! If YOU don’t do it, it won’t get done.

This mentality will help you survive as a freshman. If you stick with it, you’ll thrive. It will pay off in the end. This is the first step to setting the tone mentally for college ball.

High school and the high school way of thinking is over. This is what it means to shut the yearbook.



Developing Your Edge and Confidence in the Weight Room

Everything works, but nothing works forever. You have taken part in your high school weight program for the last few years. Some of you may have been fortunate enough to receive additional training from other professionals to prepare you as well. Chances are you've had some success in the weight room and you're physically one of the best of your high school team. You used to train together as you had a common goal. Now, statistics show that they're done playing football, while you have the opportunity to play in college. The goal of being in the best shape of your life should coincide with this opportunity. Something needs to change.

If you're training solo right now your top priority is to seek out other athletes who have similar goals and mindset. If you're training with other athletes but you're the strongest/most athletic in the group you need to find another group. Never be the strongest/smarter/most athletic person in the room. Football is a team sport. Training within a group mimics this. How devoted is your group? How strong is your group? Who you keep around you matters – especially in the weight room at this stage of your life.

One of the best things we do at PowerStrength every year is bring devoted players together as they prepare for college. They compete. They win. They lose. They all get better. When the time comes and they've earned it, they join our current college players to get a head start on the intensity of college training. They also get their first glimpse of going from “hero to a zero” in regards to starting over as a freshman again. These incoming freshmen also get “social practice” earning respect from upperclassmen. This is a huge (invaluable) advantage over other freshmen who may not seek out an environment like this. Remember you are in competition with them. The physical results and confidence will show up in camp... usually during the conditioning test.

Improving “weight room I.Q.” is also one of the most effective ways to impress college strength coaches – they love a player who knows his way around a weight room. A player who has poor technique or little knowledge of training is going to have to adapt to this as well. You are already adapting to a new school, academic workload, coaching staff, system, social scene, living situation, and city. For those who emphasize their training ahead of time, the weight room is one LESS thing you have to learn as an athlete. It could even be a place where you can earn a little coveted praise from coaches - it could be the only place you get acknowledged and feel confident about. It will help you survive.

The formula is simple –

1. Seek out other like-minded athletes
2. Find a knowledgeable strength and conditioning coach
3. Follow a proven program and system
4. Listen and learn
5. Do what is asked of you in the gym and out
6. Be consistent
7. Practice the growth mindset and never get complacent

“Potential can also mean that you didn't get it done.”



Training for College Football During a Sports Season

You may be finishing up your senior year of high school by playing a spring sport. You'll never be able to play it again and you've probably spent years playing it with your friends and you want to see it through. That's all great and you should enjoy it. However, don't be delusional and not train for college football throughout your sport season. Great athletes train year-round. You'll train year-round in college and during the football season. Actually, you'll be training MORE than you'll be playing football. Leave the details to a qualified coach, but get accustomed to consistently following a purposeful training program year-round.

This could be as little as two sessions per week focusing on recovery, breathing, fundamental movements, and relative body strength. Some serious football players train three times during their final sport season because they want to continue to build on the work they've already done. Training is a skill, and if you don't "practice" your skill then you won't improve on it. If you make your training and development a priority, you can make huge progress in the next 6 months before you have to report. This will help you survive.

By the way, if you're reporting to a D1 school, you're probably leaving within a week of July 4th. If your spring sport ends by June 1st that leaves you with one month to prepare - don't do that to yourself.

Trust that there are other incoming freshmen training full-time 4-6 times per week. Some have been doing this for years. They are preparing themselves physically and mentally for the most intense workouts of their lives. Keep in mind that in college it's not just one intense workout here and there - the daily grind is what gets you. Most guys don't have the stamina to be disciplined through the grind. As a freshman, you have to be at your best at all times. The process is what makes most guys slip and fall to the bottom of the depth chart. This makes survival even tougher.

College football players train all aspects of athleticism and they do so with a plan in place. How to train these components and where to begin is beyond the scope of this manual. Regardless of what the method is, an athlete can always get better.

Understand that when it comes to a complete performance training program, some of you can keep doing what you're doing, while others need to get to work. Where do you need to improve the most? What are you doing to improve that NOW? Assess, develop a plan, and follow it consistently.

***"There are those that will,
and those that won't.***

***Those that do,
And those that don't."***



Getting in Football Shape While Mastering Your Conditioning Test

Football is a sport that requires high work capacity. Having high work capacity essentially means you have the ability to do a lot of work, recover in a short amount of time, then produce the same level and intensity of work for repeated, extended periods. Players who gas out in the second half or fourth quarter did not develop high enough work capacity for the demands of their sport.

Understand that speed is not conditioning and conditioning is not speed. To understand conditioning for football you must first recognize the various energy systems of the body so you know which one to focus on to prepare for football. These are outside the scope of this manual so be sure to find a qualified professional to help you. The worst thing you can do is nothing. The second worse thing you can do is simply run yourself into the ground thinking more is better. More is not always better. Don't just workout to get out of breath, sweat a lot, or make yourself sore.

Keep in mind that most conditioning tests in college throw science out the window. They want to see if guys are tough and can withstand the discomfort. This is why 110-yard sprint repeats, 300-yard shuttle runs, and many combinations of gassers are performed. Your willpower, attention to detail, ability to handle adversity, and body language are all being evaluated - as they should be. The key is learning how to prepare for this type of test WITHOUT sacrificing other athletic progress.

In order to pass your conditioning test with flying colors you naturally must be in shape. One thing that is often misunderstood when discussing football conditioning is that you aren't conditioning for games – you are conditioning for practice. Especially as a freshman, how will you earn respect if you're gassed all the time? How can you finish each play if you're sucking wind? This doesn't mean you have to start running and running tomorrow. Doing so won't be optimal to gain the strength, muscle, and power you need. Conditioning must be well planned ahead of time. Typically, it takes about 6-8 weeks to “get in shape” for most football athletes we've seen. You can start developing your aerobic capacity months in advance by doing tempo runs and other various capacity drills (while improving speed if done properly).

Leave the details to a professional, but one easy way to prepare yourself as time draws near is to mimic a football game by playing your position. Simply “run a play” (any drill or exercise that is 3-7 seconds of work) full speed, jog back to the “huddle,” rest 30 seconds or so, and then repeat. Split this up into plays, series, and quarters and add a little each week. You'll be in shape, AND strong and fast, while the other freshmen are either puking their brains out or are too weak to keep up.

Regardless, it goes without saying that you need to be in the best shape of your life by the time you report. If you are, you will survive.

College Survival Life Tip

There are 3 components to being a college athlete – academics, athletics, social...you can only be great at 2 of them. Choose wisely.

Most athletes go into college and focus on football and their social life their first two years. Then by their junior and senior year they try to shape things up academically. Reverse this. Focus on your top two priorities – academics and athletics – your first two years. Once you learn how to manage this you'll be able to have a little more social fun the last couple years. Those who can't learn to manage this either struggle, quit, or both.



Upon Arrival – Build Your Inner Circle and Earn Respect

A key part to survival is not going at it alone. Develop your circle. You're on the football team so you're around others who are in the same boat as you. You will develop lasting friendships with some of these guys and form a strong brotherhood that being part of a football team naturally ingrains. There is much more to it than simply being along for the ride. Eventually you'll develop your inner circle, your closest 4-5 friends, who will play a huge role in your success. You can accelerate this by aligning yourself with those who will build you up and sharpen you. Surrounding yourself with people with admirable character traits will wear off on you, helping you survive.

But first, you must exemplify admirable qualities yourself. What do you want to attract? What type of person do you want to be? Your actions and interactions will speak volumes - who do you want to be listening? Your approach to this will help you be yourself and earn respect in the process. People respect authenticity. Once this respect is earned you will develop better friendships.

There's no doubt that learning to be a freshman all over again can be challenging, especially socially. It's a natural path that is followed by all incoming freshmen. Keep in mind that coaches and upperclassmen are watching how you enter their world.

Be sure to follow these 7 tips on earning respect among your teammates:

1. Ditch the entitlement. Nobody likes a know-it-all.
2. Be humble.
3. Work to earn everything. Earn respect through your work ethic.
4. Don't exaggerate or embellish.
5. Never gossip.
6. Be accountable.
7. Once you earn your spot the work is not done. Aim to handle success with character.

Navigation to Cafeteria Nutrition – Eat Like a College Athlete

Food is fuel. Advanced college athletes know they need to fuel up with enough quality food to keep their performance high AND recover properly in order to survive. Every serious football player should have a general understanding about what to eat, when to eat it, and why it's helpful to him. You are a high-level football player - realize that you are already doing so much work towards your goals when it comes to training, practice, and games. Being consistent with foundational nutrition habits will support the work you're putting in and give you more of an edge than any extra training session ever could. While nutrition is very specific to the individual, there are basic principles that can be applied to support healthy recovery, health, and performance.

**If you are attending a DI school and have access to training table - utilize it. You have the tools in front of you but you still should understand how to use them. All college athletes must learn how to navigate the cafeteria, plan and prepare their meals/snacks, and/or grocery shop for the bare essentials. While definitely not an exhaustive list, the tips on the next page will help guide you and kick-start a quality nutritional foundation.*



13 Tips for Eating as a College Football Player

1. Knowing what to eat is important. Developing proper eating HABITS is essential. Start now and use discipline.
2. Drink more water. Basic, but nobody drinks enough consistently. Don't even think about supplements unless this is met.
3. The more you sweat, the more you'll need to replenish electrolytes along with fluids.
4. Sleep is valuable but will be hard to come by at times. Take it seriously and make it a priority. There is no supplement to replace what sleep does for your gains.
5. Know what proteins, fats, and carbohydrates are. These are called macronutrients. Amount and timing of these are important for any nutrition plan.
6. Consume protein at every meal. Protein will help rebuild your body after the stress and abuse of training and practice.
7. Do not go longer than 4 hours without eating. Have snacks on hand and plan your schedule ahead of time to ensure this.
8. Don't be picky in the cafeteria. Remember, it's fuel and it's laid out in front of you. Well-balanced meals, eat your fill, snag some vegetables and fruit, and if possible, take food out as a snack for later.
9. When shopping, buy in bulk to save on cost. Eggs, potatoes, rice, milk, frozen chicken, frozen vegetables - all these can be bought in large quantities on the cheap and are relatively simple to prepare. Use various spices and condiments to account for the bland taste.
10. Consume protein and slow carbohydrates (low glycemic, starchy) 30-60 minutes before a workout or practice - Ex: apple, granola bar, wheat bread.
11. Consume protein and fast carbohydrates (high glycemic, sugary) within 30 minutes after a workout - Ex: fruit juice, white bread, white rice, honey.
12. Stay away from large amounts of sugar, pop/soda, carb-only meals, and constant fast-food.
13. And last but not least...do not rely on supplements. Supplements are not regulated so they can put whatever they want on the label - truthful or not. Your school should provide you a list of banned NCAA substances and if you want to spend your money on these then make sure they are tested and approved. When in doubt, skip it and supplement with real food. There is no supplement for poor eating, sleeping, and hydration habits. And chill out on the pre-workout powder, it's probably causing more harm than good (inside and out). Are you a "beast" or can you only be a beast as long as you have your pre-workout supplement?

It's not popular but the basics will work. But you know what also isn't popular? Surviving college football. If you don't believe me, ask a senior on your team how many of the athletes that came in his recruiting class are still there. I bet 40-50% can't be found on the roster.



So Now What?

You've made it this far on the field and in the weight room. Now it's time to put all you've learned from this manual into practice and **TAKE ACTION** towards your survival.

Where do you need to improve the most?

What do you need to learn more about?

What is something you struggle with as a player? In the weight room? With nutrition?

Where can you find like-minded athletes to train with you on your journey?

Who are the mentors or professional coaches you need to seek out to help you prepare?

Then challenge yourself by asking this next group of questions:

Why do I truly want to play college football?

How good do I truly want to be? Do I want to be great?

How will I defend against mediocrity and complacency?

Am I willing to sacrifice to achieve my goals?

How much do I value my reputation?

Will I develop the self-discipline to create opportunities for myself?

Will I make the time to invest in my football abilities and myself as a person?

What does success look like to me?

Finding answers for the above will not only help you survive, it will help you thrive as the semesters and seasons go on. Surviving away from football also calls for other tasks to be completed.

Take pride in your hometown and high school. Give back whenever possible.

Call your mom and stay in touch with your families when you leave to go to school – they want to hear from you.

Properly reflect those you have impacted you. Show gratitude.

Surround yourself with good people. Continue to enhance your work ethic.

Prepare everyday like someone is trying to steal your spot.

Congratulations again for representing West Michigan. The countdown has begun.

Only you can control how prepared you will be for arriving on campus.

How can we help you prepare for your college program and freshman season?

Let us know at <http://www.powerstrengthpro.com/>



Bonus: 21 Football and Lifestyle Tips for Survival

**We polled some of our trusted college athletes and coaches on advice for incoming freshmen*

1. Every season has at least 15-20 new recruits coming in that don't want to wait until they are upperclassmen to play – earn your spot then work to keep it. Sometimes keeping it is even harder.
2. Keep your eye on the prize. Work like someone is trying to take it away from you.
3. Defend against complacency. If you're the best, strongest, and smartest in the room then find another room.
4. Be the most physical guy on the field and make your presence known.
5. Ditch the entitlement. Victims aren't successful anywhere.
6. Remember you have more responsibility to carry than other students. Have fun but know your limits.
7. At the end of the day, you're in charge of you. Own your choices.
8. Have a positive attitude and don't complain. You won't need everything you study in class, but it teaches your brain HOW to learn. This is a skill everyone needs in every professional field.
9. Be polite and courteous to everyone – especially in public. This takes zero talent but it does take consideration.
10. Embrace having a coach yell at you. That means he cares. The day they stop yelling is when you have a problem.
11. Being rewarded for your efforts doesn't come with a deadline. Win each day and persevere.
12. Stay in touch with loved ones.
13. Go to class, sit in front, wear something other than workout clothes all the time. Dress for success and pay attention, your professors and peers will notice.
14. Don't wait until it's too late to ask for help academically.
15. Plan your nutrition ahead of time whenever possible and know what, and when, to eat.
16. Form great relationships with at least two professors/mentors – you'll want their recommendation someday. In fact, network with as many people as you can...as long as you have a solid reputation.
17. Know your goals and priorities. Form habits to achieve them.
18. Take care of your body.
19. Remember where you came from and seek out opportunities to give back.
20. Embrace the opportunity. You're one of the few people that can say they played college football.
21. Time goes fast. Enjoy it.

“There's a difference between being interested in something - and being committed to it.”



College Freshman Successful Stories of Survival

*“I trained at PowerStrength for 3 years in high school and it helped me earn my dream of playing D1 football. As I entered camp as a walk-on, I came in ready to compete. PSTS helped me enter school at a solid weight, along with the strength and speed to compete at the D1 level. I was among the top in my recruiting class when it came to training, lifting techniques, and being comfortable in the weight room. Most importantly, PSTS instilled in me an intense drive and work ethic that allowed me to bypass the competition. They taught me to always give it my all, go all out in everything I do, and to always do the little things right. It’s why I choose to still be part of PSTS to this day.” - **Kenny W. - D1 Football Player***

*“PowerStrength has provided me with the best training environment I have ever experienced. They helped prepare me for my college football career and I come back every summer. I started at PSTS 6-months before leaving for college and just had labrum surgery in my shoulder. I wanted to be healthy and perform at my best. I came back to be pain free and benched an all-time PR! I have gained over 50lbs since training here, jumped my highest vertical, and soaked up as much as I could in regards to training techniques and nutrition. Around here, every single athlete is serious about getting better and the coaches know what they are talking about. Iron definitely sharpens iron at PSTS.” -**Jake B. - D2 Football Player***

*“When Devin arrived for camp they completed fitness testing on all athletes. Not only did Devin pass on his first attempt, he was one of the few to accomplish this feat. Later, the coaches shared with us that they pushed him “extra hard” so see how fit he was, since he had not lived there during the summer. They were super impressed with his level of conditioning and he owes it all to PowerStrength. He continues to excel during his freshman year. Thank You! – **Father of a PSTS Athlete and D1 Football Player***

*“PSTS has taught me a lot about how to train and turn into the player that I want to become. It’s not like other gyms where they just see you a few times per week and don’t care about your life outside the gym. At PowerStrength they try to get you better at all aspects of life, not just physically. They actually care. My time training at PowerStrength has been the best decision of my life and has prepared me for Division 1 college football. I passed my conditioning test with ease and nothing was new to me when they introduced the freshman lifting program.” - **Steve E. - D1 Football Player***

*“What I like most about training at PSTS is working out with other like-minded athletes. Training with athletes that compete at higher levels than myself has improved both my physical and mental toughness because I now know what it takes to train alongside better athletes. It’s the closest thing I can get to a team atmosphere and the adjustment to college football was seamless because of it.” -**Matt V. - D2 Football Player***

*“The time I spent at PSTS before reporting early for school made all the difference. I was nervous about my conditioning test and wanted to impress from day 1. I did just that and felt like I was one of the most prepared freshmen in my class!” - **Mitch S. - D1 Football Player***

*“Training at PowerStrength has prepared me for the next level more than the previous 3 years of my high school career combined. I started seeing results in the first couple of weeks and that gave me the motivation to keep getting stronger and faster every week, as well as always trying to set new personal goals for myself. PSTS also taught me other numerous exercises that work the same muscles but add in variety to the program so you won’t get bored. – **Rob H. - Incoming College Freshman***

About the Author



About Mark Ehnis

Mark is the founder and owner of PowerStrength Training Systems in Grand Rapids, Michigan. Having spent over a decade in the strength and conditioning field, Mark has quickly been recognized as one of the nation's premier strength coaches through the CPPS certification. In less than eight short years, PowerStrength has produced multiple pro athletes from a variety of sports. Over 200 athletes have gone on to play their sport in college with over 300 athletes earning all-area awards. Mark routinely helps athletes go from sideline to starter. He leads an All-Star team of coaches at PowerStrength. He takes his simplistic, blue-collar mentality and generates stronger people both inside the gym and out - in order to create results for life. If you would like to get in touch with Mark personally, feel free to email Mark.Ehnis@PowerStrengthPro.com

About PowerStrength Training Systems

PowerStrength Training Systems (PSTS) was founded in 2011 off an idea that recognized the need for a coaching facility, not just another gym, to change the way West Michigan athletes viewed and interacted with training. Since then PowerStrength has trained thousands of West Michigan athletes of all sports ranging from youth athletes to professionals. Their unique, no-nonsense approach to developing athletes is based off a set of core values that produces results in and out of the athletic arena. Their work results in faster, stronger, more confident athletes.

Attention to detail and confidence is instilled in all aspects of the PowerStrength program. Their clientele ranges from the all-state scholarship athlete, to the athlete fighting for the last spot on the team. The one thing that is constant at PowerStrength is the desire to improve and to train with like-minded athletes. Whether an athlete is preparing for his freshman year of college football, home for the summer, or training for his NFL opportunity, PSTS provides a comprehensive training program to meet each athlete's needs and goals. PowerStrength currently has two facilities located in West Michigan.

PowerStrength North – 919 Alpine Commerce Park NW, Grand Rapids, MI 49544

PowerStrength East – 5131 East Paris Ave SE, Kentwood, MI 49512

STRONG LIVES HERE

Are you prepared to Survive college football?

We want to help you improve as an athlete and be confident as you enter your first college training camp! Visit www.PowerStrengthPro.com or call 616-805-4054 today!

