

# FASTEST WAY TO GET FASTER

## The Buddy Bruiser

with Jared Falk

a)



R L R L R L R L R L R L

SPEED TEST

80 85 90 95 100 105 110 115 120

b)



R L R L R L R L R L R L

SPEED TEST

80 85 90 95 100 105 110 115 120