



Josh Pollard shoots over a Lone Peak defender at the Great Western Shootout.

TRAINASAP.COM

- 2** GATORADE PLAYERS OF YEAR
- 2** US ARMY ALL AMERICANS
- 2** STATE MVP'S
- 11** ATHLETES IN NFL TRAINING CAMPS (2011)
- 45** ALL STATE ATHLETES

WHAT PEOPLE ARE SAYING...

"My training with ASAP Training helped me run a 4.41 40 at my Pro Day which helped me get drafted by the Detroit Lions."

-Tim Toone (Detroit Lions)

"ASAP Training helped me prepare for my Pro Day where I ran a 4.65 40 at 265 pounds and benched 225 pounds 35 times, which was the most of any linebacker at the 2011 combine. I made the 53 man roster as an undrafted free agent. Thanks, Dave"

-Vic So'oto (Green Bay Packers)

"My training with ASAP was the best thing I could've done for my professional career. ASAP's helped me keep my body fit, strong, and healthy. I would recommend ASAP to any professional athlete or anybody out there trying to take it to the next level!"

-Fahu Tahī (Minnesota Vikings)

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Mueller & Company, LLC

Mark Mueller, CPA
Tax Preparation, And Consulting

email m.mueller@comcast.net

342 South Palisade Dr. Telephone (801) 226-1213
Orem, UT 84097 Fax (801) 226-4049

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