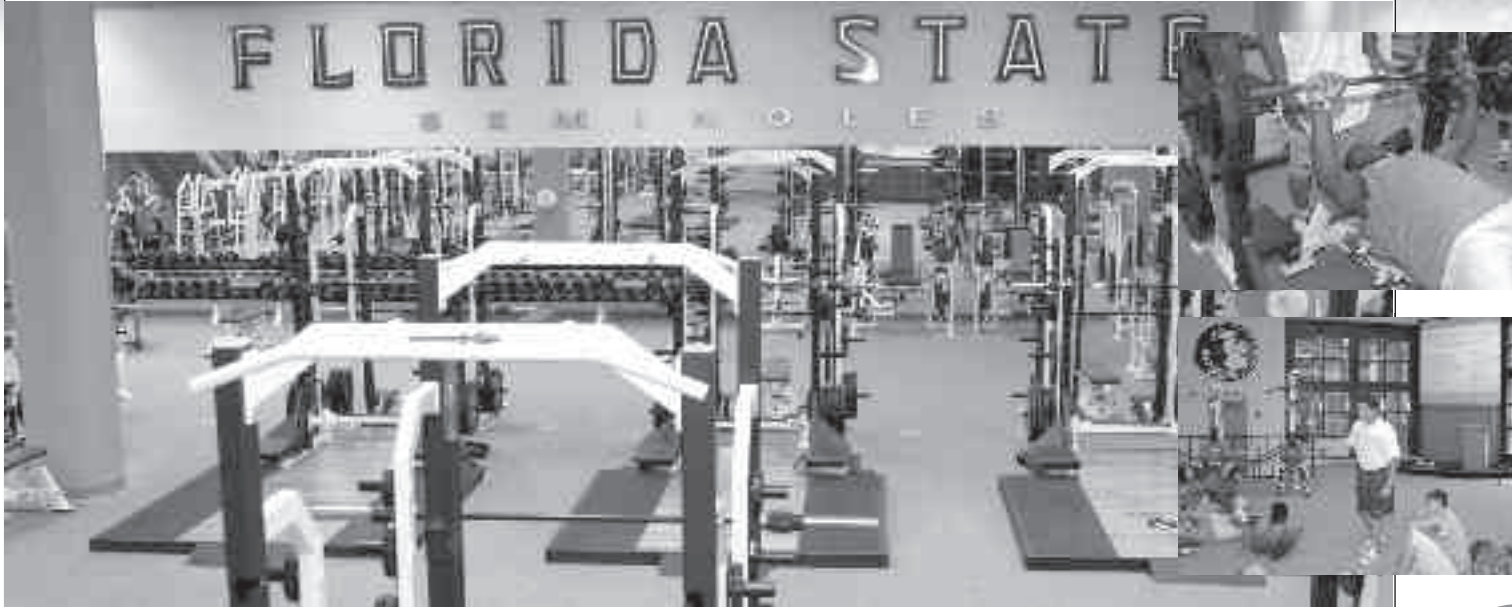


The Roger Holler Champions Training Complex



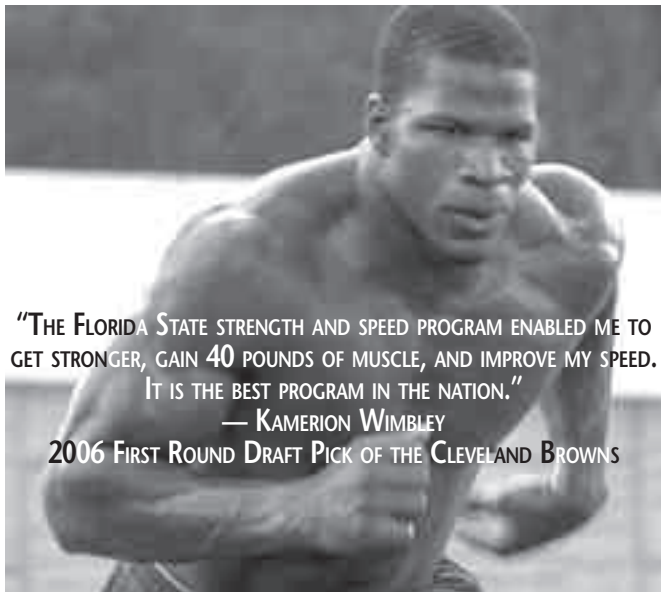
"OUR STRENGTH AND CONDITIONING PROGRAM AND OFF-SEASON TRAINING ARE CORNERSTONES OF THE SEMINOLES' SUCCESS. THE ROAD TO CHAMPIONSHIPS BEGINS HERE." — BOBBY BOWDEN

The FSU strength and conditioning program is designed to improve athletic performance through an individualized regimen of stretching, lifting, speed, power, agility and conditioning drills. The goal of the program is to maximize the on-field performance of each athlete, while reducing the risk of injury.

Before a strength program is designed for an athlete, they are put through a series of physical tests to evaluate their speed, power, strength, agility, and body composition. Once the testing is completed, a program is designed for each student-athlete that will specifically address his weaknesses and enhance his strengths.

The computerized workout programs show in detail the exercise, the number of sets, repetitions and amount of weight prescribed for each workout. Football strength and conditioning coach Todd Stroud and his staff of experts closely monitor progress to assure each student-athlete is on schedule to reach their goals. Physical development is critical in order to excel at the collegiate level. FSU's athletics department is committed to excellence in every area.

This includes providing its athletes with the most state-of-the-art facility and equipment. Florida State's Champions Training Complex provides the best platform to train its athletes to their full athletic potential.



"THE FLORIDA STATE STRENGTH AND SPEED PROGRAM ENABLED ME TO GET STRONGER, GAIN 40 POUNDS OF MUSCLE, AND IMPROVE MY SPEED. IT IS THE BEST PROGRAM IN THE NATION."

— KAMERION WIMBLEY

2006 FIRST ROUND DRAFT PICK OF THE CLEVELAND BROWNS

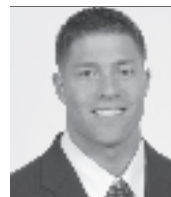
Strength & Conditioning Staff



John Jost
*Director of Strength
& Conditioning*



Todd Stroud
Football



Josh Hingst
Assistant/Nutritionist



Pat Meyer
Assistant