



The Tri-Developer

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BENEFITS

INJURY PREVENTION: **HIGH**

STRENGTH: **VERY HIGH**

MUSCLE GAINER - **HIGH**

WEAKNESS

REST VARIABILITY: MODERATELY
LOW

KEY POINTS

by Dr. Kuntz

The Tri-Developer was created to allow athletes, bodybuilders, and even power lifters to increase their strength and power with three specific exercises throughout the course of the 10 weeks. For instance, if you're a basketball player, you will need exercises that reflect your sport's specificity compared to a 3rd Baseman.

This program ramps up strength, volume and intensity over the course of the 10 week cycle, calling into arms your maximal potential each and every day.