Coach McClure is dedicated to his craft to say the least. The work outs are demanding but the attention to detail is where I have seen the most growth from my sons time in the XPE program. When a young athlete begins to be able to control his movements and focus throughout the sessions real growth happens quickly. I highly recommend this program to any athlete who is willing to put in the work to get the most out of his/her body. It is well worth the $$$!!! Great Coach

* Mike Gregory, September 23, 2015