Josh McClure has created an excellent program. His intense workouts help athletes bring their talents to a higher level. This is a perfect example of "you get what you put into it." I would highly recommend McClure XPE training to anyone serious about gaining athleticism, strength, and speed. Josh is an outstanding coach and demonstrates tremendous character as he helps athletes find the best within themselves. My son has done several sessions. He has seen results on the field and can't wait to get into another training session with Coach McClure..

* Lisa Ann Noblet, August 26, 2015