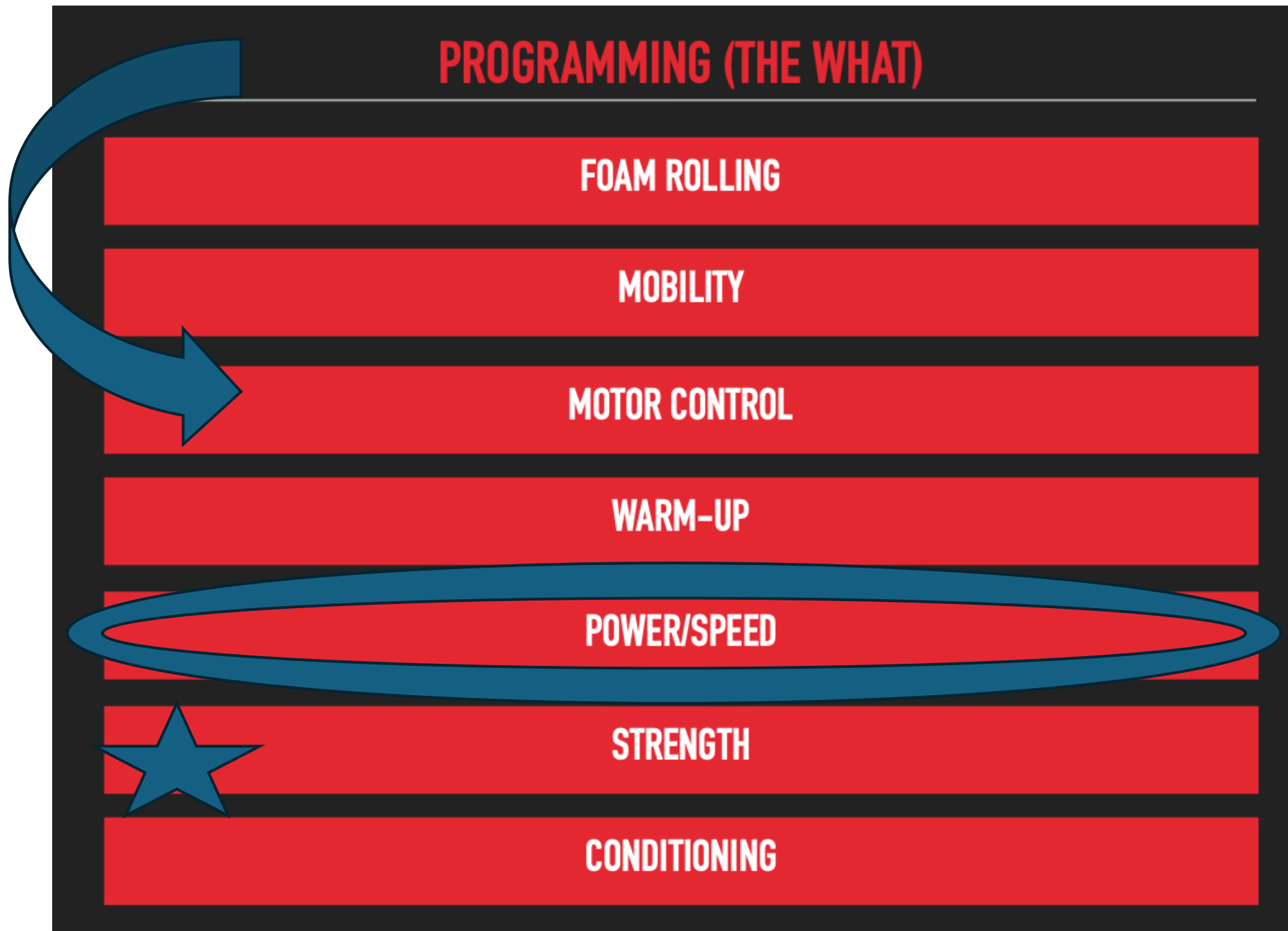


Training Pro Athletes

The MBSC way

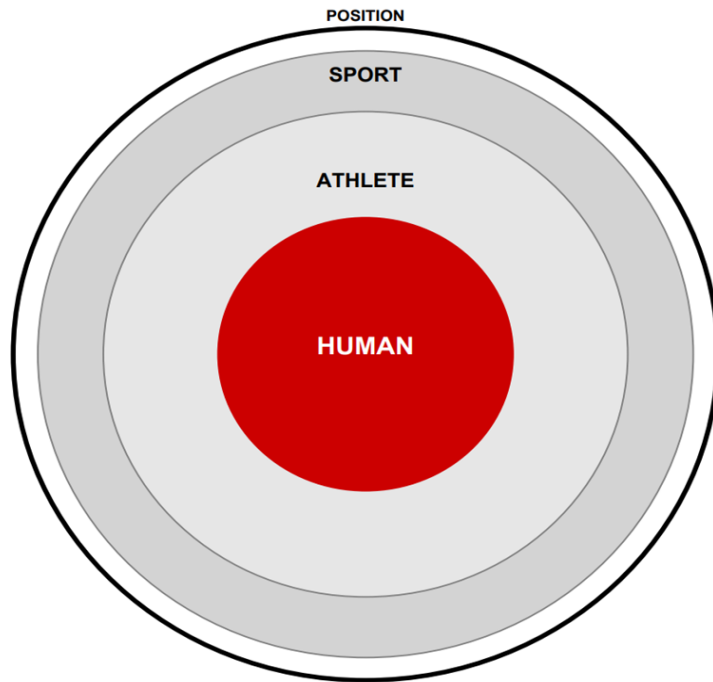
Vinny Talluto MBSC CFSC

Training
is a recipe



People First, Performance Second.

Building Trust: “People will forget what you said. People will forget what you did. But people will never forget how you made them feel.”



The Mistake #1

- Too Much.
- Too Fast.
- Too Soon.
- **No Systems**



Michael Boyle

@mboyle1959

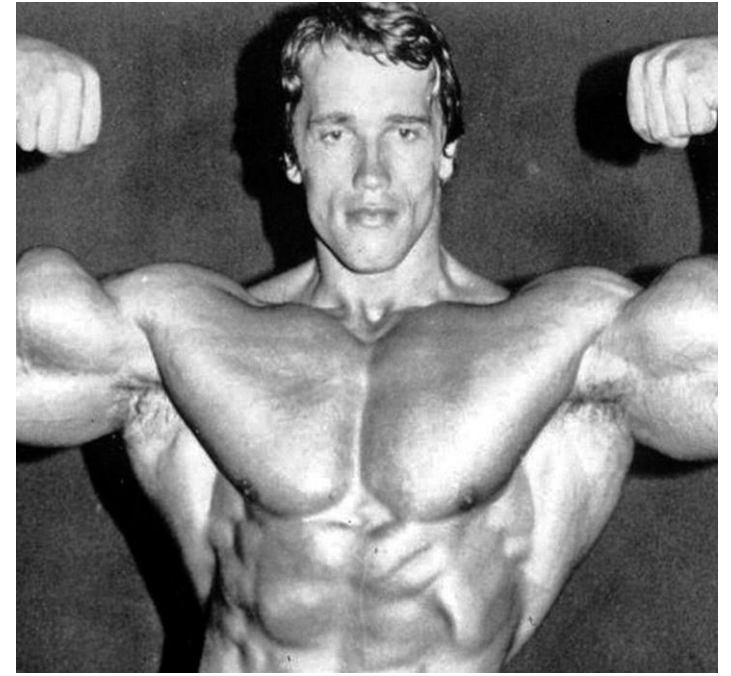
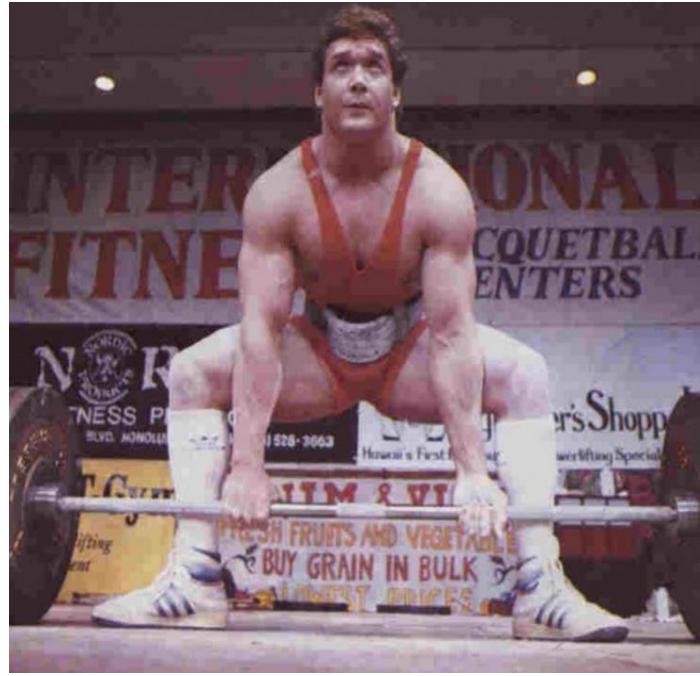
Don't confuse the workout of someone who just works out at the gym with the workout of someone who has:

- 1- just come from practice
- 2- has to go to practice
- 3- has practice the next day.

They are not the same.

“Your Systems & Standards Define You As A Coach”





Mistake # 2

**Thinking pro athletes care about S&C
(82 games + playoffs = 100+ games per season)**

The Goal is to Keep the
Goal, The Goal
Get them to the next contract

“The Best Ability is Availability”

Marginal Gains

1. Health leads to wins
2. Progressions over intensity
3. Coaching > programming

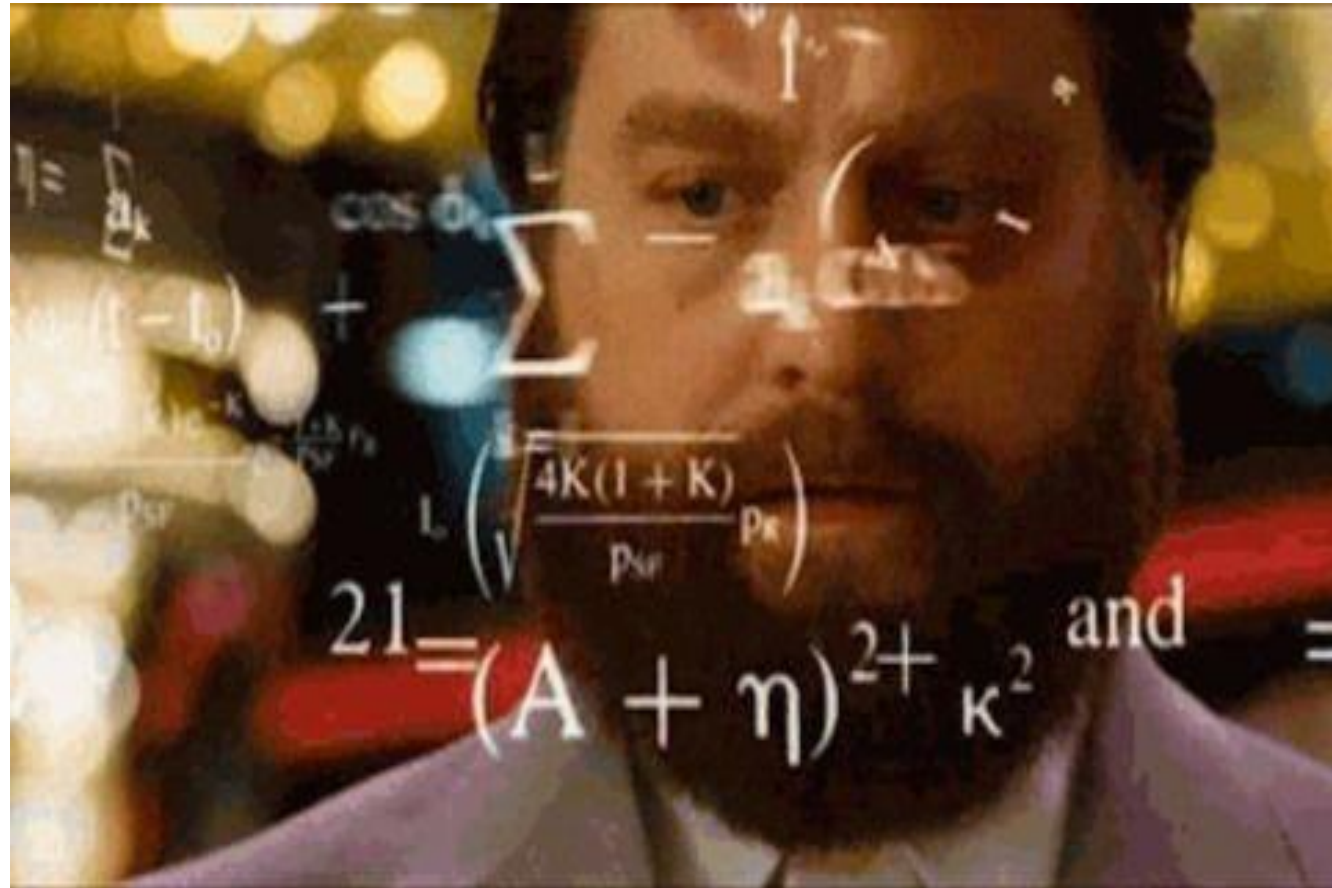


ASSESSMENTS

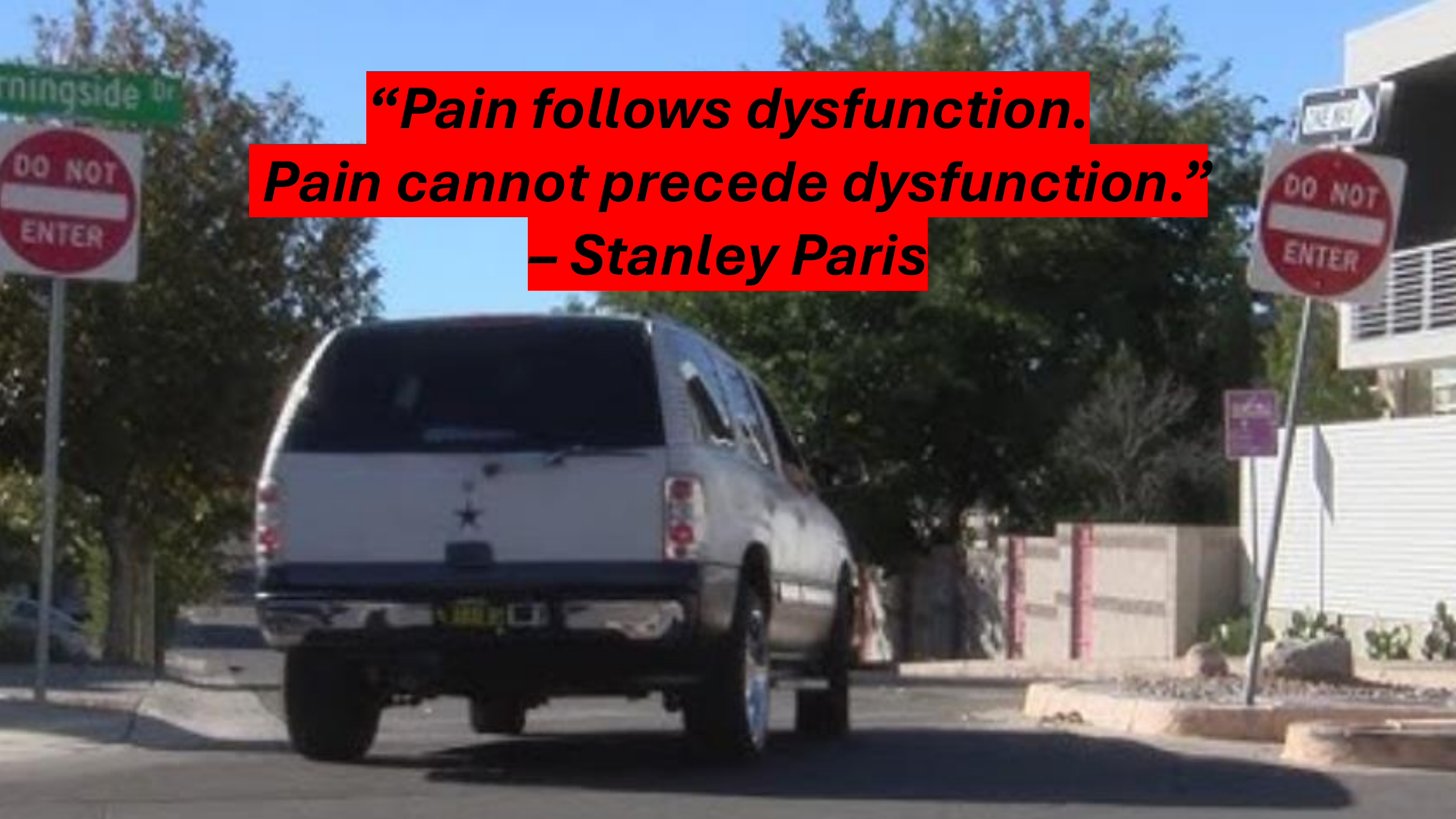
GOAL: help you identify exercises that make athletes feel/move better

Better Informed Decisions

1. What you should do
2. What you should NOT do
3. Pain?



***“Pain follows dysfunction.
Pain cannot precede dysfunction.”
– Stanley Paris***



Pro Sports: “Cost Of Doing Business”

- The body adapts to positions of their sport (Open Scissor Posture)
- Anterior pelvic tilt isn't a postural flaw it's a performance strategy that ran out of options...

Trunk & Rotary Stability

Scapula vs Shoulder

Hip Flexion vs Hip Extension

Adduction vs Abduction

Wrist

Ankle Complex



Movement Screen: FMS

HAVE A SYSTEM - COACHING EYE

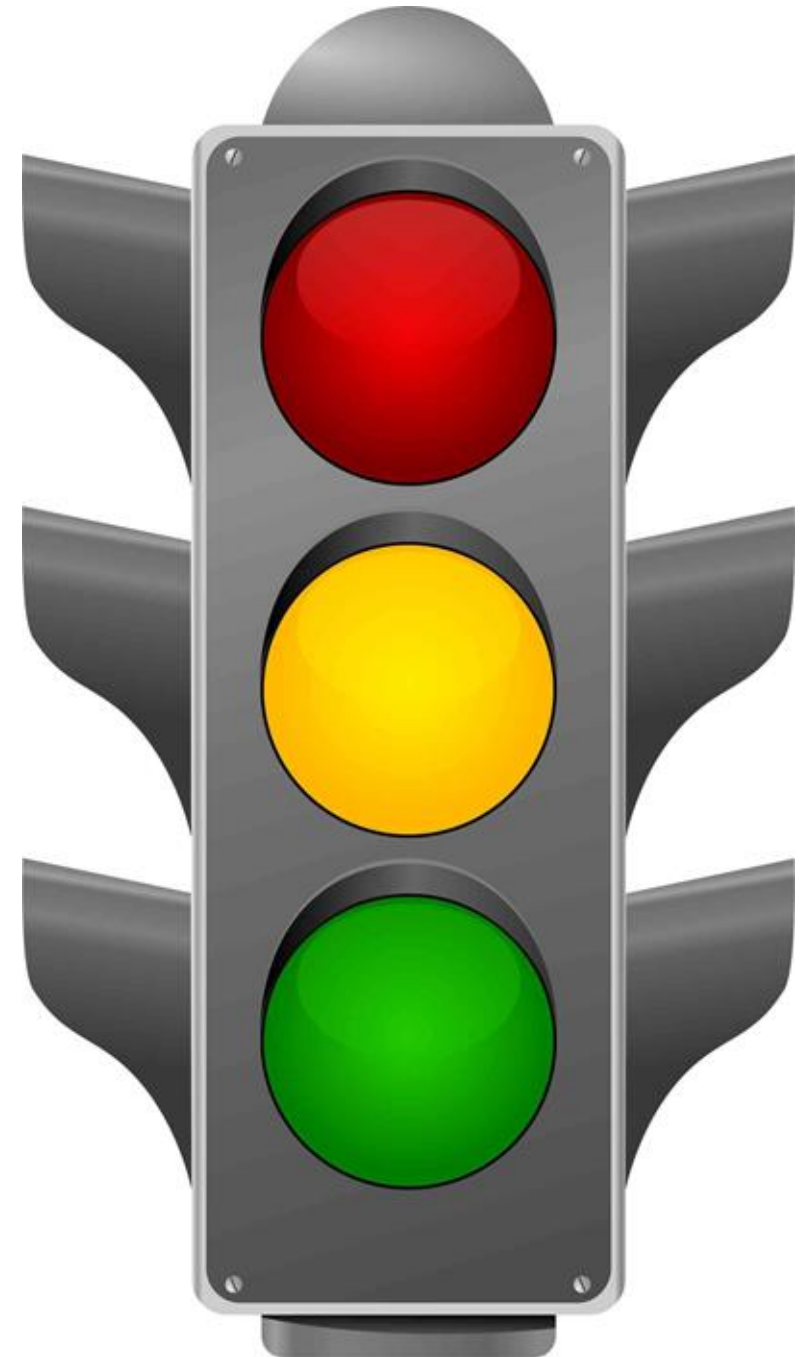
FMS - HELPS TO MAKE DECISIONS

*“can the joints get into the right positions
to absorb and adapt to stress”*

STOP LIGHT ANALOGY

- **Red Light**
- **Yellow Light**
- **Green Light**

Take Notes: Anything unusual?



PROGRAMMING

Minimum Effective Dose: “What’s the least amount we need to do to get the results that we want?” - Mike Boyle



Address: Breathing

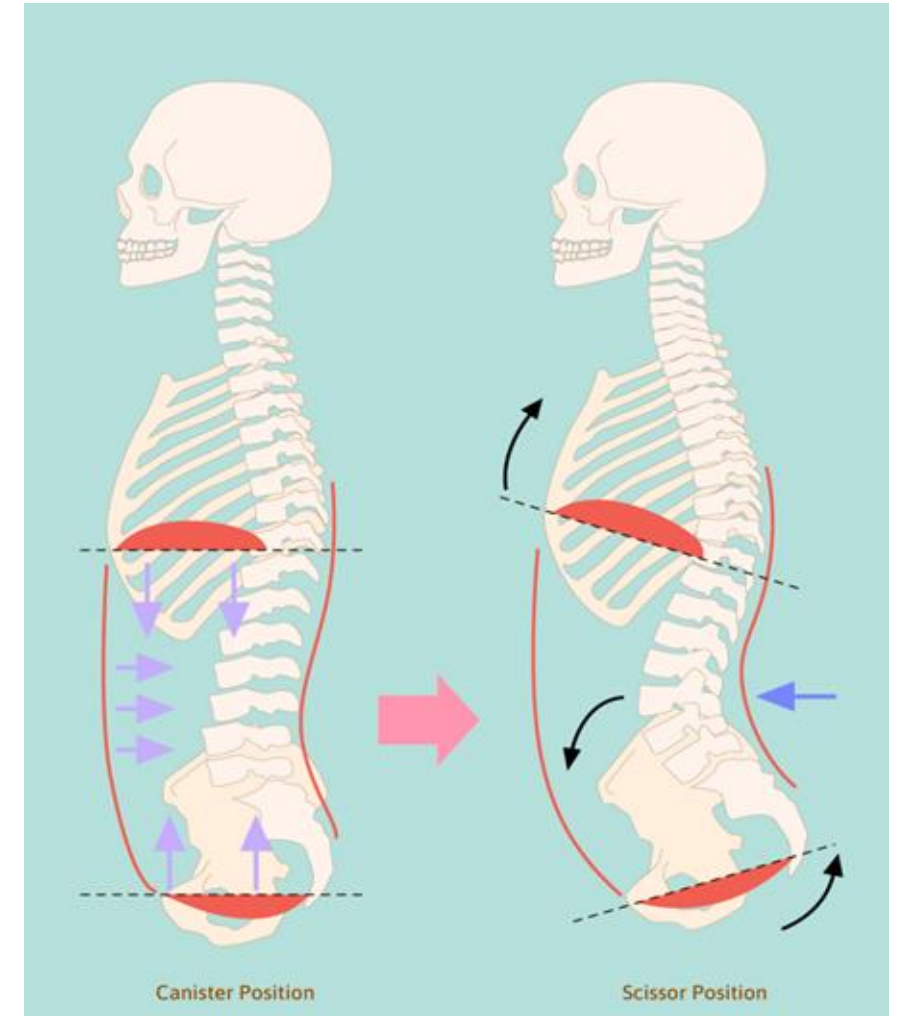
GET BODY & BRAIN BACK TO STATE OF REST

1. Nervous System

2. Posture: Create A Stacked Position

3. Shoulder/Hip ROMs 

4. L/T Relationship 



Warm Up: The “First 15”

1. Address Restrictions

- Restore tissue quality
- Improve joint mobility

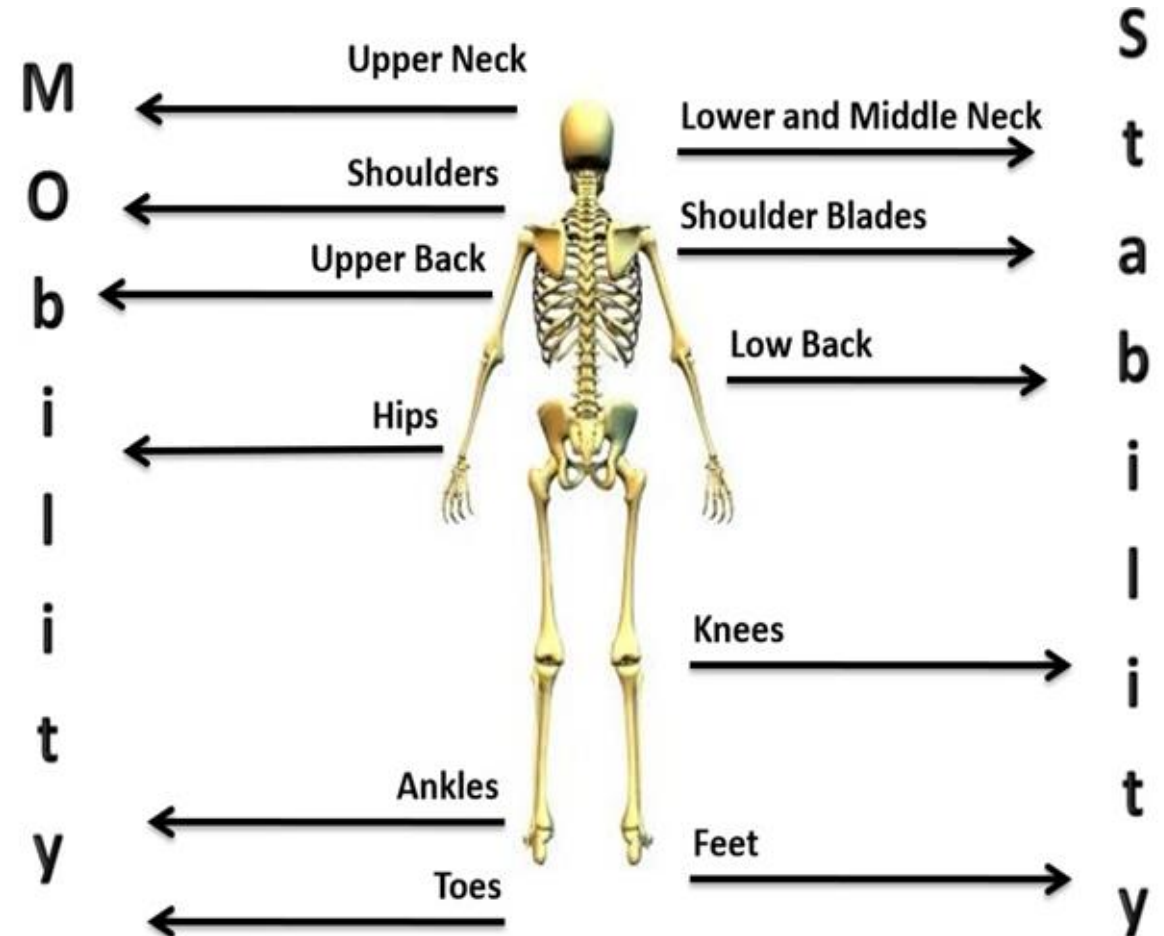
2. Do It Every Day!

Mike Boyle Strength and Conditioning PRO Summer 2025 Phase 1 Movement			
LINEAR MOVEMENT (Day 1 & 3)		LATERAL MOVEMENT (Day 2 & 4)	
ROLL/Breathe (x10 each side)		ROLL/Breathe (x10 each side)	
SHOES OFF SPIKEY BALL ROLL			
Upper Cervical	Glutes + Hip Rotators	Upper Cervical	Glutes + Hip Rotators
Psoas	Hamstrings	Psoas	Hamstrings
Sternum	Calves	Sternum	Calves
Sacrum	Lower/Upper Back	Sacrum	Lower/Upper Back
	Posterior Shoulder		Posterior Shoulder
	Adductors & Quads		Adductors & Quads
STRETCH CIRCUIT (MOBILITY + STABILITY)		STRETCH CIRCUIT (MOBILITY) (x3 Breaths or 3/side) W/ WEDGE	
1. 90/90 Hip ER/IR	1. Shoulder Floorslide x 5	1. Hip Rotator	4. Adductor Rock x 5ea
2. Cat/Cow x 5	2. Band Assisted Leg Lower x 5 ea	2. Wall Quad	5. V- Stance T-Spine Rotation x 5ea
3. Spiderman	3. Single Leg Hip Lift x 3 ea	3. Hamstring/Hip Flexor	6. Calf Stretch w/ Wedge
4. Adductor Rock	4. V-Stance T-Spine Rotation x 5 ea		
	5. Ankle Mobility Rock x 5 ea		
		LUNGE MATRIX	
		Insert Corrective 1	
		2 x 8	
		Insert Corrective 2	
		2 x 8	

Joint by Joint Approach

Trauma versus Overuse?

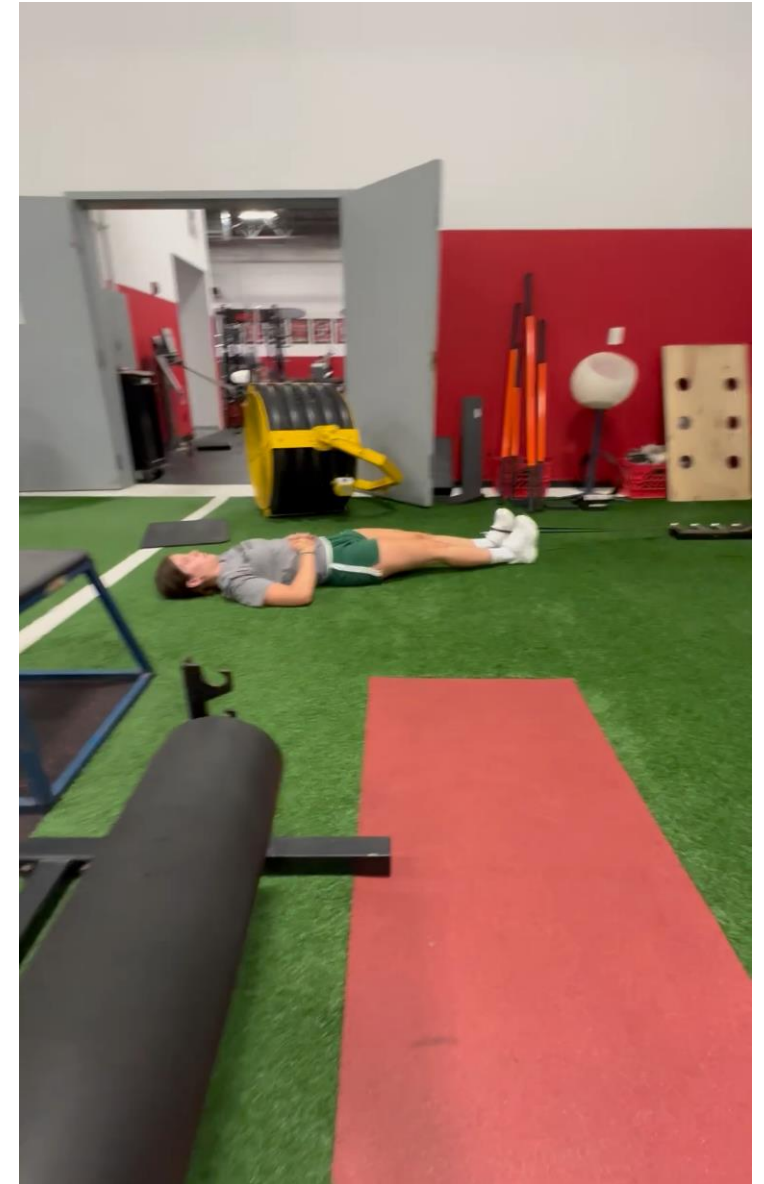
- Pain site vs pain source
- Poor hip mobility = low back or knee pain
- Poor t-spine mobility = neck or shoulder pain



3 Rules for Core Stability Work

Hip/Shoulder/Back

1) Learn to move
one joint at a time



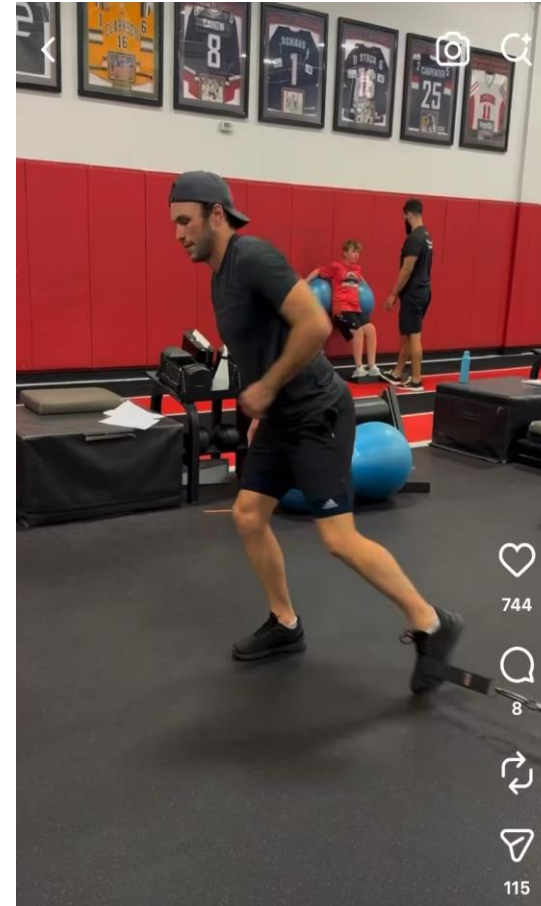
3 Rules for Core Stability Work

2) “Small muscles go Slow (& Light)”



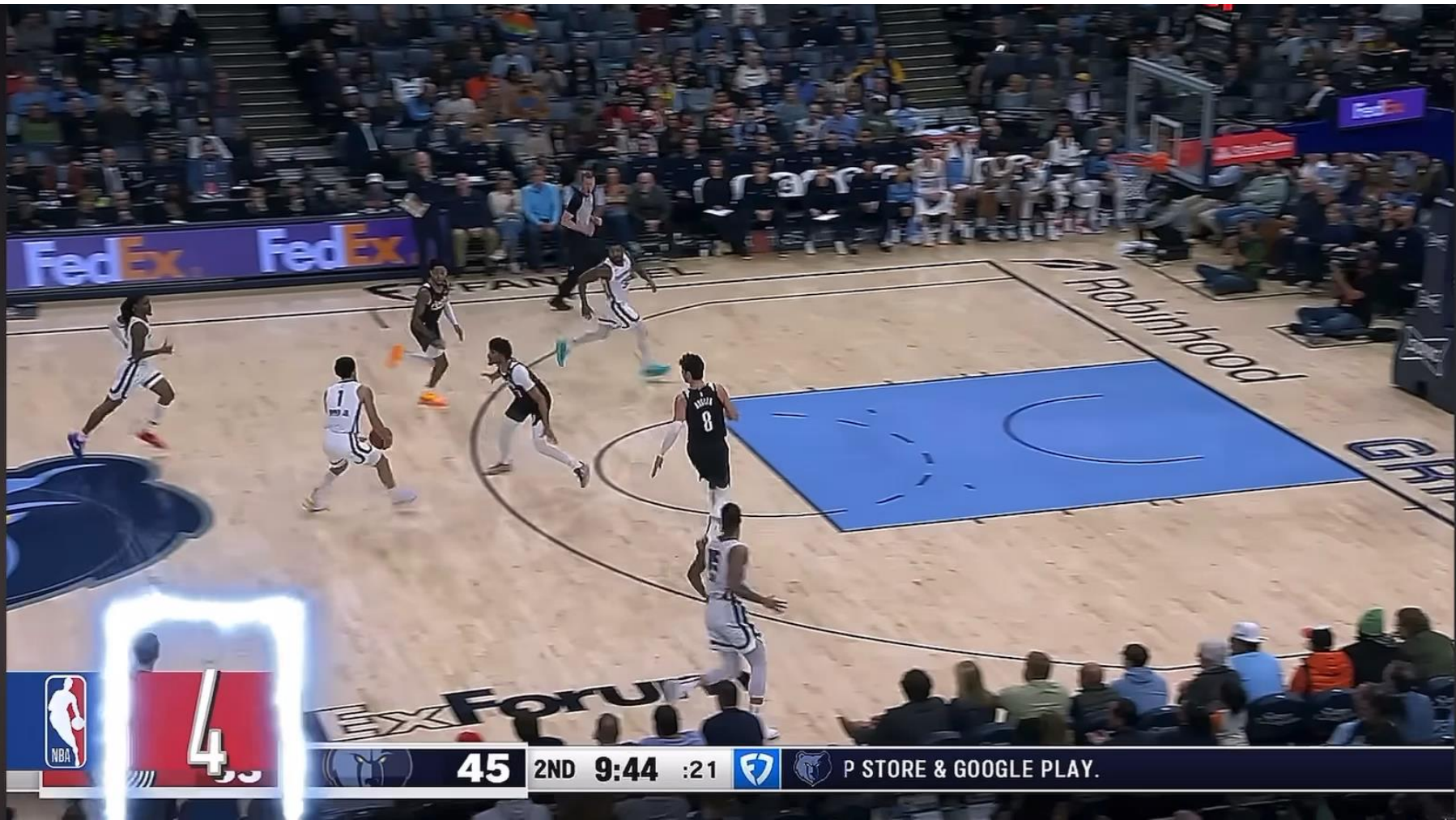
3 Rules for Core Stability Work

3) *Progress from Static to Dynamic*



How Do YOU Define Strength?





Learn From Smart People

“Maybe the best way to prepare athletes isn’t by *loading* them with as much weight as possible but understanding how to pick exercises that apply **forces** that best prepare them to jump, cut, and decelerate to keep them healthy...”

Force vs Weight Room Strength



The Force System

SLOW FORCE

**"RESTORE DAMAGE AND
IMPROVE QUALITY OF
SPECIFIC TISSUE"**

YIELDING ISOMETRICS

"LOCAL TISSUE PREP"

ARMOR DEVELOPMENT

Tissue Health

HIGH FORCE

**"PREPARE ATHLETES FOR THE
HIGH GROUND REACTION
FORCES THEY EXPERIENCE IN
SPORT"**

DECELERATION

**DEPTH DROPS, OVERCOMING ISO'S, DROP
CATCHES**

Deceleration

FAST FORCE

**"BUILD MORE ELASTIC
ATHLETES"**

FEET

ACCELERATION & MAX VELOCITY

OSCILLATORY MOVEMENT

Elasticity / Speed

HUMAN FORCE

**"FILL IN THE GAPS MISSED IN
TRADITIONAL PROGRAMS "**

GAMEPLAY

INNATE HUMAN MOVEMENT

GYMNASTICS

PARTNER COMBATIVES

Dev. Sequence

$$\alpha^0 = 1 [a_0]$$

$$\arcsin(z)$$

$$\text{Force} = \text{Mass} \times \text{Acceleration}$$

$$x_{n+1} =$$

Hunter's Three Experiments

1. Trap bar DL: 385lb (183kg) – 3,000 N
2. Drop Catches: 225lb (102kg) – 4,000 N
3. Depth Drops: 40in -5,000N (5x BW)
66 inch – 6,000N (6x BW)



Redefine Strength:
High LOAD Doesn't Equal High FORCE

Instead of *more weight*, progressions are done by *increasing forces*

4x Day Program: Upper and Lower Emphasis / Still Full Body

Mike Boyle Strength and Conditioning PRO Summer 2025 Phase 1 Movement			
LINEAR MOVEMENT (Day 1 & 3)		LATERAL MOVEMENT (Day 2 & 4)	
ROLL/Breathe (x10 each side) SHOES OFF SPIKEY BALL ROLL		ROLL/Breathe (x10 each side)	
Upper Cervical	Glutes + Hip Rotators	Upper Cervical	Glutes + Hip Rotators
Psoas	Hamstrings	Psoas	Hamstrings
Sternum	Calves	Sternum	Calves
Sacrum	Lower/Upper Back	Sacrum	Lower/Upper Back
	Posterior Shoulder		Posterior Shoulder
	Adductors & Quads		Adductors & Quads
STRETCH CIRCUIT (MOBILITY + STABILITY)		STRETCH CIRCUIT (MOBILITY) (x3 Breaths or 3/side) W/ WEDGE	
1. 90/90 Hip ER/IR	1. Shoulder Floorside x 5	1. Hip Rotator	4. Adductor Rock x 5ea
2. Cat/Cow x 5	2. Band Assisted Leg Lower x 5 ea	2. Wall Quad	5. V- Stance T-Spine Rotation x 5ea
3. Spiderman	3. Single Leg Hip Lift x 3 ea	3. Hamstring/Hip Flexor	6. Calf Stretch w/ Wedge
4. Adductor Rock	4. V-Stance T-Spine Rotation x 5 ea		
	5. Ankle Mobility Rock x 5 ea		
DYNAMIC WARMUP		LUNGE MATRIX	
	Knee Hug	1. Split Squat ISOS (Heel Elevated) x 15 sec	4. Cross Body Reaching SLDL x 5 ea
	Leg Cradle	2. Tempo Squat (Heels Elevated) x 5	5. Lateral Squat x 5 ea
	Quad Stretch	3. Squat Hold Soleus Calf Raise x 5	
	Forward Lunge to Hamstring Stretch		
	Pogos Forward x 10 yards	DYNAMIC WARMUP	
	A-Skip	Day 2	Day 4
	High Knees	Lateral Pogos	Lateral Pogos
	Heels Up Knees Up	Lateral Skip	1-2 Stick F / B
	Straight Leg Walk	Cross-In-Front Skip	Cross Infront F / B
	Straight Leg Skip	Cross-Behind Skip	Lateral In-In-Out-Out L / R
	Straight Leg Run	Shuffle	Cross Behind F / B
	Backwards Run (REACH)	Carioca	
LINEAR SPEED DRILLS		Lateral Bound (Side to Side) x 5	
Days 1+3: Sprint Specific Wall Drill 3 x 3 (ISO Hold :5 sec)		CHANGE OF DIRECTION DRILLS	
<u>Cue: Drive Foot into Ground (Heel Off Ground)</u>		Days 2+4: Lateral Band Shuffle 2 x 5 each way	
		SLED (OUTSIDE ONLY) w/ Jump + Throw	
		Day 2: Sled March: 3x10 steps each (one way only)	
		Day 4: Sled Crossover 3x10 steps each (down and back = 1)	

MBSC Summer 2023 Phase 1 Workout													
Name:													
Day 1	WK1	Reps	WK2	Reps	WK3	Reps	Day 3	WK1	Reps	WK2	Reps	WK3	Reps
Pod 1							Pod 1						
Hang Clean or		x5		x5		x5	Hang Clean/ DB Snatch		x5		x5		x5
Trap Bar Jump (reset)		x5		x5		x5	Trap Bar Jump (reset)		x5		x5		x5
Vertical Jump x1 (3 total jumps)		x5		x5		x5	Vertical Jump- hands on hips x1 (3 total jumps)		x5		x5		x5
Sumo Squat Hold		3 x :10 sec		3x :15 sec		3x :20 sec	Sumo Squat Hold		3 x :10 sec		3x :15 sec		3x :20 sec
Pod 2							Pod 2						
Bench/ DB Bench		x8		x8		x6	Closegrip Bench		x8		x8		x6
		x8		x8		xAMRAP		x8		x8		xAMRAP	
				x8		x6					x8		x6
Stretch-Band Lat x8 (:20)							Stretch-Band Lat x8 (:20)						
FF Side Plank		2x20 sec		3x :25 sec		3x :30 sec	FF Side Plank		2x20 sec		3x :25 sec		3x :30 sec
Pod 3							Pod 3						
1/2 Kneel Alt OH Press		x8		x10		x12	Pushup		x8		x10		x12
		x8		x10		x12	(ISO Hold @ Bottom)		1 rep x: 15 sec		x10		x12
				x10		x12					1 rep x 20 sec		1 rep x 30 sec
Seated Hip Flexion		5x :05ea		6x :05ea		7x :05ea	Seated Hip Flexion		5x :05ea		6x :05ea		7x :05ea
1/2 Kneel Chop		2x8		3x8		3x10	1/2 Kneel Lift		2x8		3x8		3x10
Day 2	WK1	Reps	WK2	Reps	WK3	Reps	Day 4	WK1	Reps	WK2	Reps	WK3	Reps
Pod 2							Pod 2						
ChinUp		x8		x8		x8	Skater Squat		x8		x8		x8
(ISO hold @ Top)		1 rep x :15 sec		x8		x8		x8		x8		x8	
				1 rep x :20 sec		1 rep x : 30 sec					x8		x8
Trap Bar DL		x8		x8		x8	Ring Row		x8		x10		x12
		x8		x8		x8	(ISO Hold @ Top)		x: 30 sec		x10		x12
				x8		x8					x :45 sec		x :60sec
Pod 3							Pod 3						
Goblet Split Squat		x8		x8		x8	SLDL		x8		x8		x10
(ISO Hold @ Bottom)		x :30 sec		x8		x8	(Reaching/ 1 DB/2 DB)		x8		x8		x10
				x 45 sec		x : 60 sec					x8		x10
DB Row		x8		x10		x12	X Pulldown		x8		x8		x10
		x8		x10		x12			x8		x8		x10
				x10		x12					x8		x10
Pod 1							Pod 1						
Slideboard Leg Curl		2x8		3x8		3x10	Glute Ham Iso		2x :05 x 4 reps		3x :05 x 5 reps		3x :05 x 6 reps
							(3 rounds)						
Pilates Ring ADD (feet down only)		2 x 8		3 x 10		3 x 12	Pilates Ring ADD		2 x 8		3 x 10		3 x 12
Front Plank		2x :15 sec		3x :20 sec		3x :30 sec	Front Plank		2x :15 sec		3x :20 sec		3x :30 sec

Phase 1: Anatomical Adaptation

SLOW Force

(Tissue Health & Capacity)

- Prep the tissues & joints
- Restore movement patterns
- Full ROM

Power/Speed/Strength

- Low – Moderate
- Reps: x8 – x 10 - x12



NEW: Yielding Isometrics

Hold a static position against gravity

Purpose:: Promotes tendon health, connective tissue resiliency, and improve joint stability

Exercises: Split Squat, Wall Squat, Chin Up, Ring Row, Pushup, Glute Ham

- Wk 1: = :30 seconds
- Wk 2: = :45 seconds
- Wk 3: 1 minute



Phase 2: Intensification

HIGH Force

(Deceleration & Braking Capacity)

CNS Intensify Power & Strength

- Trap bar Jump, Bench, Skater Squat, SB Rev Lunge 1 Leg Squat, SLDL, Chin up, DB Row etc.

Power/Speed

- Sprint yardage increases

Plyos

- become more elastic and reactive



NEW: Drop Catches

Increase rate of loading - Focus on managing high forces and the ability to stop abruptly



NEW: Overcoming ISOs

- Pushing or pulling against an immovable object for 3–5 seconds with maximal intent

Purpose: Concentric Rate of Force Dev.

- **Exercises:** Press/Pull, Trap Bar, Split Squat, Kickstand Hinge
- Be careful...





Phase 3: Contrast

Fast Force

(Elasticity & Speed)

Pair a strength exercise with a jump or throw for high threshold motor unit recruitment

“Do Something Heavy → Do Something Fast”

- Plyos get pulled out of warm up and incorporated into lift



NEW: Band Assisted Jumps

Paired w/ heavy loaded exercises

- Improve ability to produce force rapidly
- High-speed movements
- Short GCT
- Improves nervous system firing rates



Lower Body Force Exposure Progressions

SLOW: P1 - Split Squat 3x :30 / :45 / :60sec

HIGH: P2 – Split Squat Drop Catch 3 x 5 ea

FAST: P3 - 2 DB Split Squat → Band Assisted
Jumps 3 x 5 ea



Upper Body Force Exposure Progressions

SLOW: P1 Slow Tempo
Bench 3 x 8

HIGH: P2 Overcoming
ISO or Bench 3 x 3-5 reps

FAST: P3 Bench 3 x 3-5 →
Partner Drop Catch MB
Bench 3 x 5



Light Implement Power

Plyometrics (J / H / B)

- Injury Reduction
- Power
- Elasticity
- Tendon Loading
- Stiffness

Phase 1: Stick

Phase 2: Mini- Bounce

Phase 3: Continuous



NEW: Depth Drops

HIGH Force – Increasing Force Management

“The brain will only be able to produce what it knows it can absorb”

Wk 1: 30 inch

Wk2: 33 inch

Wk3: 36 inch

Progress height by 10-20% over best VJ



NEW: Depth Drop to Reactive Jump

Phase 2

Higher forces – 30inch box - 24 inch hurdle

Progress height by 10-20% over best VJ



New: Depth Drop to Single Leg Hold

Phase 3

Lower box but Higher Forces

Single Leg Deceleration + Stability

ACL Training

Start at 50-60% of best VJ



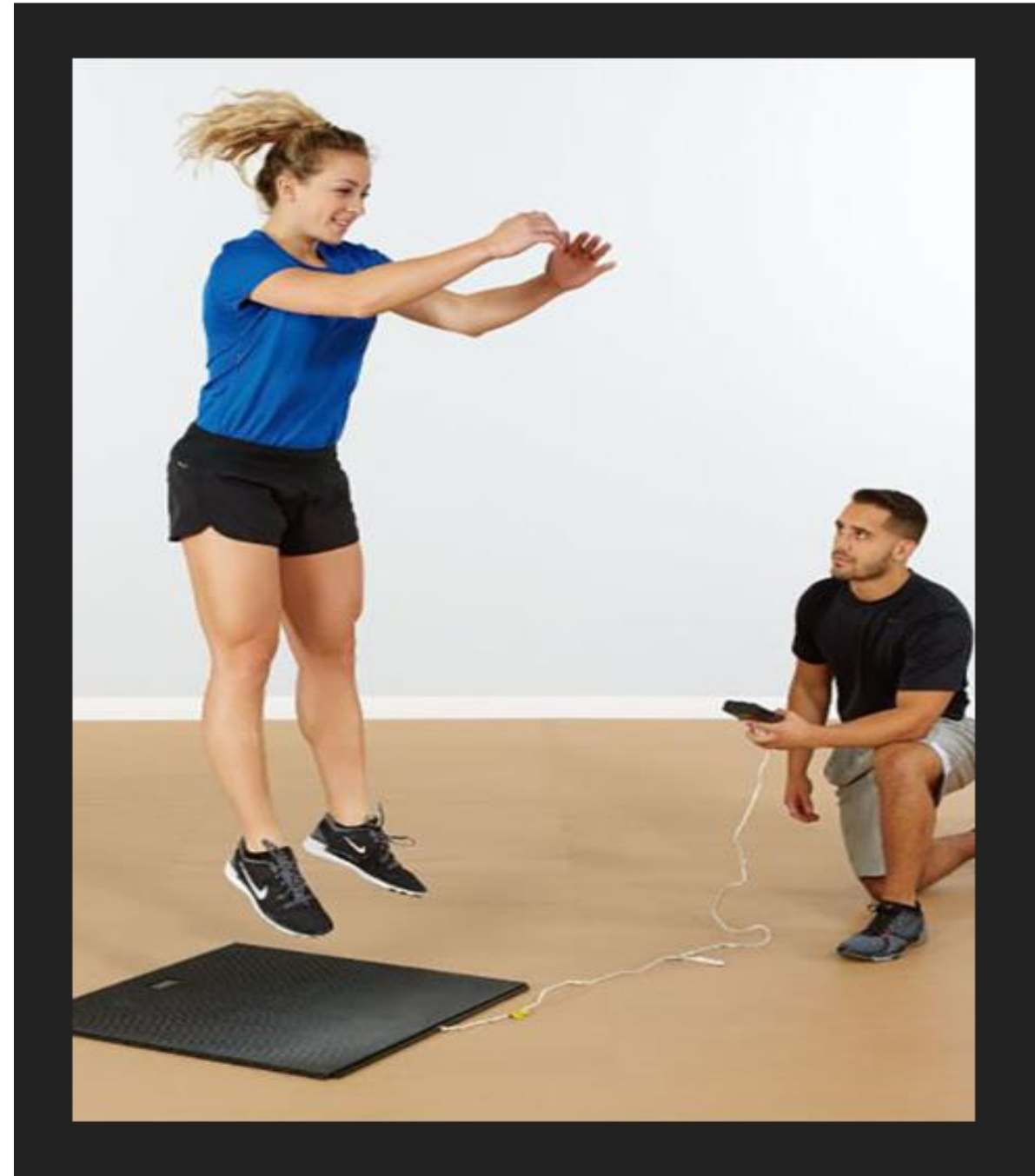
Performance Testing

Monitoring should be a continuous process

Sprints & Jumps

1. Weekly sprints should decrease
2. VJ should increase
(or not $< 10\%$)

- Use the eye test and talk to your athletes



Speed Testing

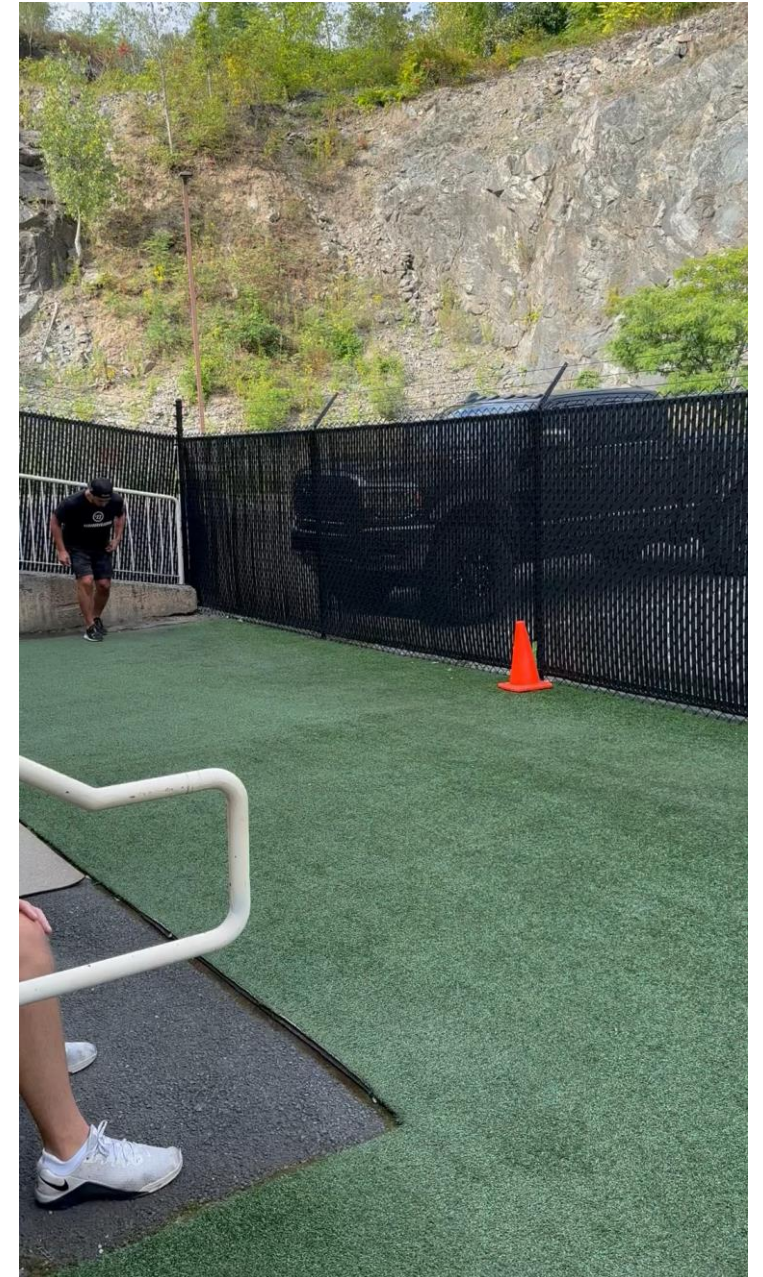
10 Yd Fly Sprints

(w/ 5 – 10 – 15 - 20 yd)

Acceleration

vs

Max Velocity



Resisted Sprinting

Load Selection

- 1.5x their best 10yd split from same distance (50% decrement)

Ex.) 5 Yard Fly = 1.25 Unloaded = 1.87 Loaded

- Horizontal force production
- Progress by load + distance
- 3 Reps then 1 Rep unloaded



Speed Chart

“What’s good...?”

1. Record

2. Rank

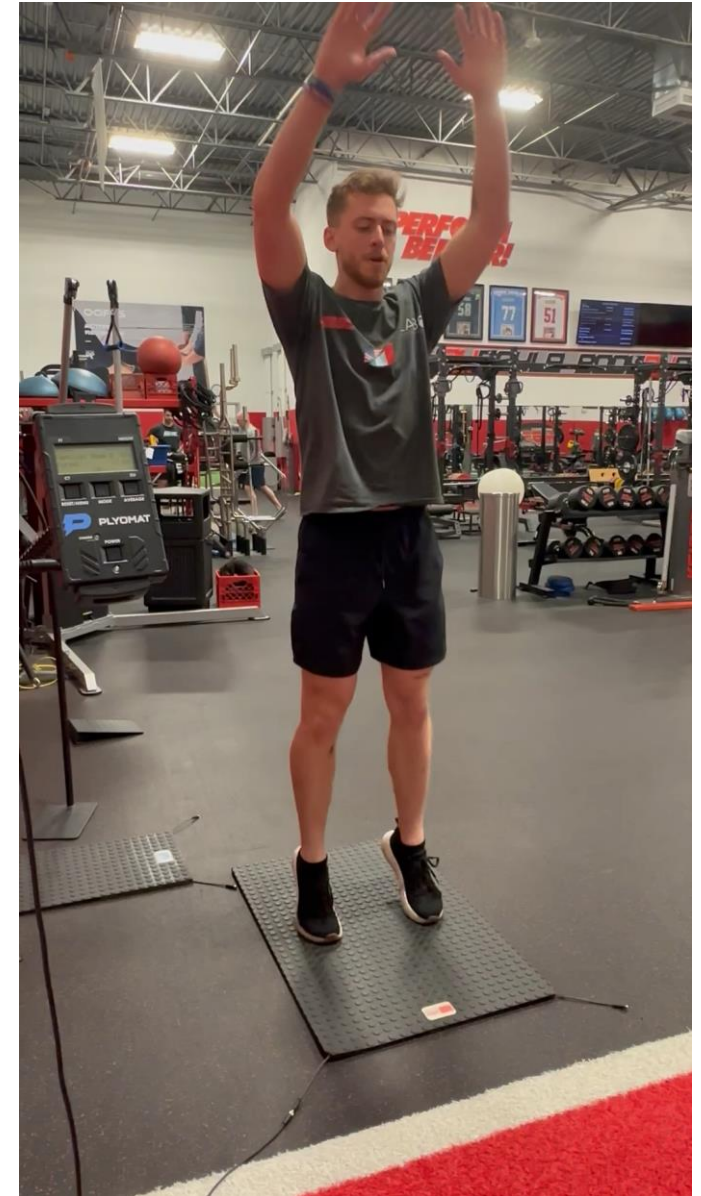
3. Publish

5-->10	10-20	15-25	20-30
1.15	1.02	0.97	0.92
1.16	1.03	0.98	0.93
1.17	1.04	0.99	0.94
1.18	1.05	1.00	0.95
1.19	1.06	1.01	0.96
1.2	1.07	1.02	0.97
1.21	1.08	1.03	0.98
1.22	1.09	1.04	0.99
1.23	1.10	1.05	1.00
1.23	1.11	1.06	1.01
1.24	1.12	1.07	1.02
1.25	1.13	1.08	1.03
1.26	1.14	1.09	1.04
1.28	1.15	1.10	1.05
1.27	1.16	1.11	1.06
1.28	1.17	1.12	1.07
1.29	1.18	1.13	1.08
1.30	1.19	1.14	1.09
1.31	1.20	1.15	1.10
1.31	1.21	1.16	1.11
1.32	1.22	1.17	1.12
1.33	1.23	1.18	1.13
1.34	1.24	1.19	1.14
1.35	1.25	1.20	1.15
1.35	1.26	1.21	1.16
1.36	1.27	1.22	1.17
1.37	1.28	1.23	1.18
1.38	1.29	1.24	1.19

Power: Jump Testing

Jump Profile

1. BW Jump (w/ arm swing)
2. BW Jump (hands on hips) – (80-85%)
3. 4 Jump Test: RSI = short GCT & avg. Jump Ht
4. SL Hop (R vs L)



Heavy Implement Power Trap Bar Jump

Load Selection:

- 60-80% Of Your Best VJ
- 3 - 5 Reps
- Stick vs Continuous

Heavier Loads

- 50% of BW for 3 Reps
- 135lb x 3



Power Alternatives

KB Swing: Athletes with wrist/upper body issues

DB Snatch or Landmine Split Jerk: Athletes who need to develop upper body power

Jump Variations: Step Up, Split Squat Jumps, Band Assisted

Shuttle Jump: (Injury)
Decreased impact



Strength Testing

No 1 RM Testing!

RISK VS REWARD

Upper:

- 3 - 5 rep range
- (+) sets
- Push = Pull 1:1 ratio

Lower:

- 3-5 rep range
- 50 – 100 % of BW in external load during unilateral movements



Lower Body: Prioritize Unilateral Training

The Big Four:

**“1 Leg Squat, Skater Squat,
SLDL, and SB Rev Lunge”**

- Multiplanar Stability (Hip / Knee / Ankle)
- Equal or greater lower body loading with less spinal stress



The Bilateral Deficit

Alex Natera's Research

“1 leg squats” produce **greater peak vertical ground reaction forces & higher barbell velocity**, which is associated with **higher strength and rate of force development.**”

- Ex: 1 leg squat w/ 50% of BW = 2 x BW back squat



LOAD COMPARISON RATIO IN SINGLE AND DOUBLE LEG MOVEMENTS

Philip Graham-Smith¹, Alex Natera¹, Mark Jarvis²
Aspire Academy for Sporting Excellence, Doha, Qatar¹
English Institute of Sport, UK²

PURPOSE

When comparing or prescribing loads for single leg (SL) squat or jump movements there is a tendency to assume that the load will be half of what an athlete performs in the double leg (DL) movement. Whilst this is a reasonable starting point, the reality is that the SL movement is more challenging and we cannot make this assumption.

AIMS

The aims of this study were to develop a theoretical model to determine the load ratio between SL and DL movements and to compare against actual force data in SL and DL Countermovement Jumps (CMJ's).

METHOD

The model was based on the segmental weight distributions acting above or rotating about the hip joint(s) in SL and DL squat or jump movements.

Segmental data of Dempster (1955) indicates that the combined body weight (BW) acting above the hips in a DL movement is 68%, that acting about the hip in a SL movement is 84% (see Figure 1).



Figure 1. Segmental weight distribution acting above or about the hip joints in DL and SL movements

We can therefore estimate SL forces on the basis of the following equation:

$$SL_{FORCE} = 0.81 \times DL_{FORCE} \quad (\text{equation 1}),$$

where $(68/84 = 0.81)$.

To test this model five male athletes (age 16 ± 1 year, body mass 65.6 ± 9.2 kg) were tested performing DL and SL CMJ's on a Kistler force platform (type 9287B) at 1000 Hz. Peak Forces were collected over three trials and the average taken for each athlete.

RESULTS & DISCUSSION

Peak forces in the DL and SL CMJ's were $1739N \pm 241$ and $1458N \pm 215$ respectively corresponding to jump height performances of $37.5cm \pm 2.2$ and $22.1cm \pm 2.1$.

The estimated SL force from equation 1 was $1408N \pm 196$ with a standard error between actual and predicted forces of 62N.

Assuming an equal load distribution between limbs in a DL movement, the SL movement equates to 1.62 times the intensity in one leg of the DL movement. This is supported by actual force data which was found to elicit a ratio of 1.67, highlighting that the segmental approach provides a very good estimation.

To estimate the actual additional load to elicit the same relative loading in limbs (one limb in a DL movement to that of a SL movement) then we can derive from the following equation:

$$0.84 BW + SL_{ADD. LOAD (BW)} = 0.5 (0.68 BW + DL_{ADD. LOAD (BW)})$$

$$SL_{ADD. LOAD (BW)} = [(DL_{ADD. LOAD (BW)} - BW)] / 2 \quad (\text{equation 2})$$

Findings indicate that additional loads of less than one BW in a DL movement will not develop the same level of loading (in each leg) compared to a SL movement with no load. An additional load of one BW applied to a SL movement is the equivalent to a DL movement with an additional load of 3 BW (1/3rd of the DL additional load), (see Figure 2).



Figure 2. Comparison of additional loads in DL and SL movements

CONCLUSION:

The use of segmental analysis and the evaluation of loads acting above and around the hip joint(s) in SL and DL movements have helped to provide some logical understanding of exercise progression, the relative intensities of each and the amount of additional loading required to elicit the same levels of loading through limbs.

REFERENCES

Dempster, W.T. (1955). Space requirements of the seated operator. WADC technical report, Wright-Patterson Air Force Base, OH. pp. 55-159.

Bilateral Deficit

Pat Freiermuth – Pittsburgh Steelers
6'5 265lb

Skater Squat: 150lb (68kg) x 5 ea

- 40lb neck collar (18kg)
- 35lb vest (15kg)
- 70lb sandbag (30kg)
- External Load 415lb (188kg)

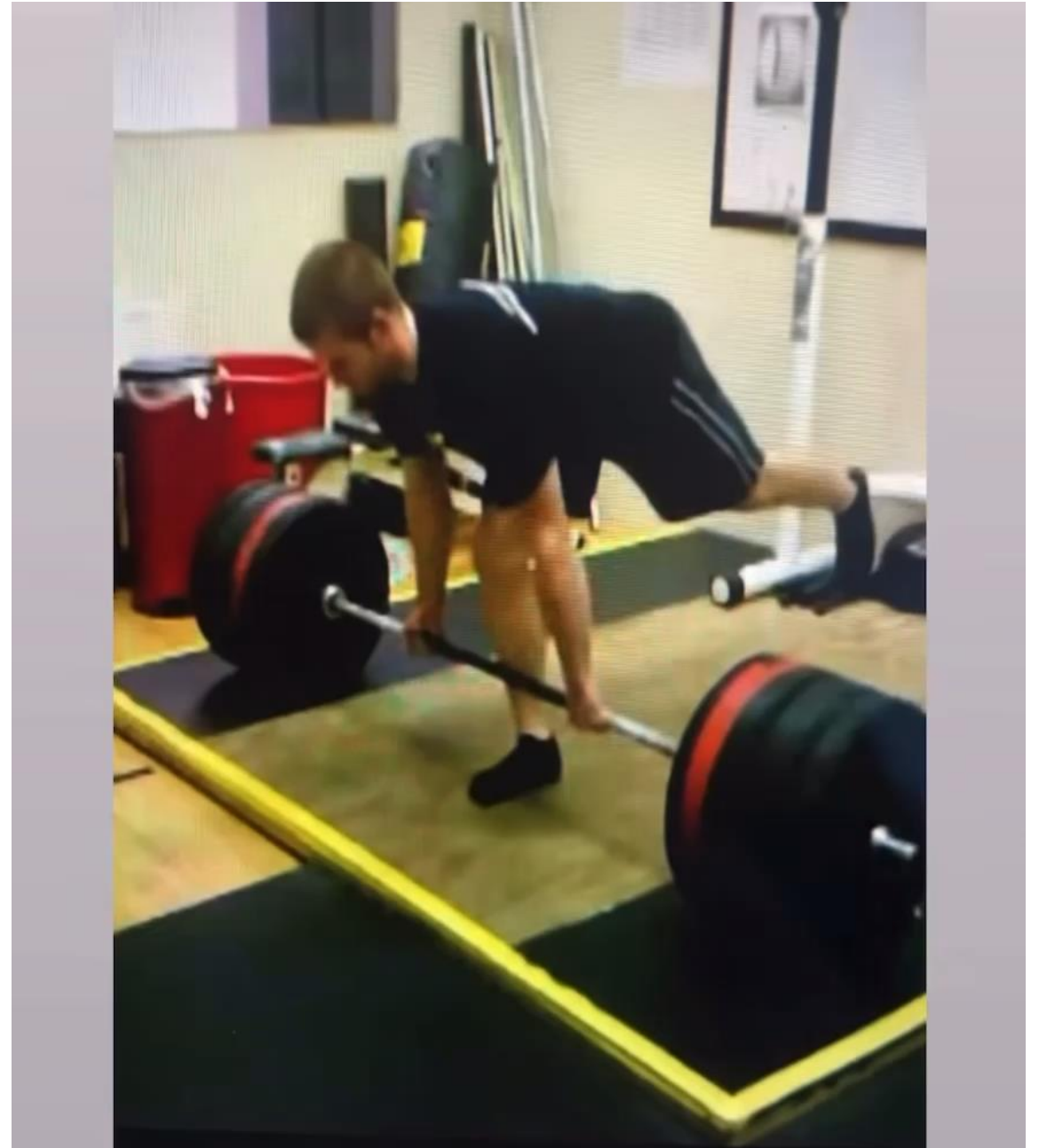


Bilateral Deficit

Max Shank – 5'10 165lb

Barbell SLDL: **315lb** (143kg) x 5 ea

Never deadlifted 600lb (273kg)



Conditioning

- Fatigue is the enemy – NOT the goal
- Watch the game (work / rest ratios)
- What Are Athletes Doing Outside Of The Gym?



Bike Conditioning Test

2 Mile Bike

- Max Aerobic Speed
- Best Time

Heart Rate Components

- Resting HR: Below 60bpm
- One Minute HRR: $>30\text{bpm}$
- Two Minute HRR: $>60\text{bpm}$



Running Tests

Phase 1:

Tempo Running x8/x10/x12

Phase 2:

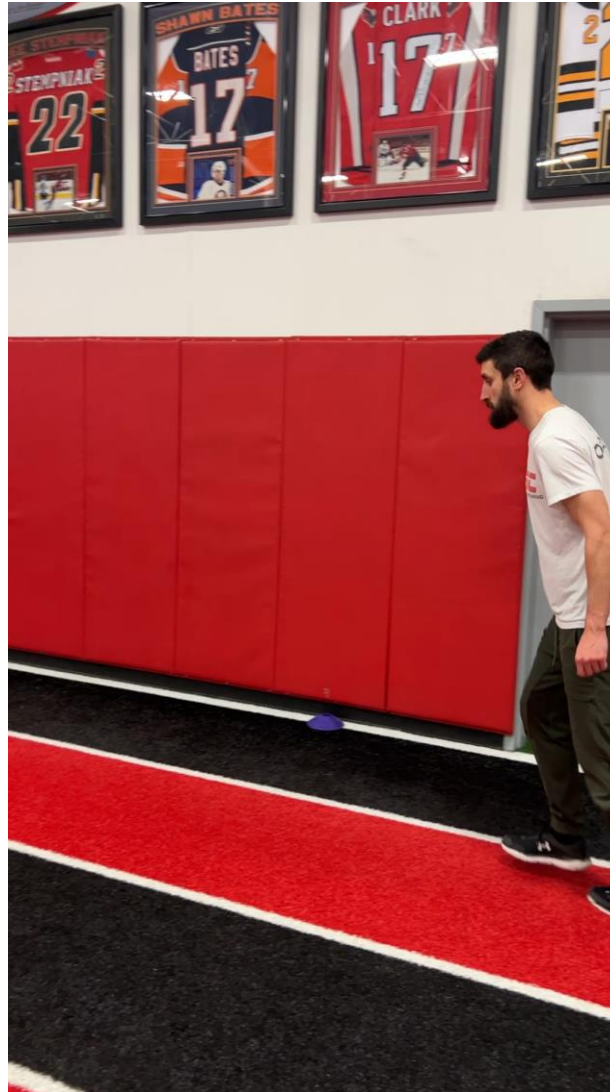
150-yard shuttles

- x 4 / x5 / x 6
- < 30 sec on / 1 min off

Phase 3

300-yard shuttles

- x 3 / 4 / x 5
- < 60 sec on / 2 mins off



In Summary...

“Anyone can make an athlete tired, it takes a real **COACH to make someone better”**

PRO ATHLETE PROGRAMMING:

- ❖ **START SLOWER THAN YOU THINK**
- ❖ **SYSTEM → STICK TO THE RECIPE → BE A BUCKET FILLER**
- ❖ **HIGH LOAD DOESN'T EQUAL HIGH FORCE**
- ❖ **HAVE A WHY!**

One Last Thing....

COACHES BUILD RELATIONSHIPS THROUGH CONVERSATIONS AND MOVEMENT

- The better **YOU** communicate, assess, and program the better the results

Follow this framework

- Healthy -> Confident -> Play Fast!



THANK YOU!

Instagram:
@vinny_talluto

Email:
vincenttalluto@yahoo.com

