



Baylor Football

The Tug,

Over the last three years, it has been my goal as Director for Strength and Conditioning of Baylor University, to build mental toughness and increase work capacity of our student athletes. The Tug has not only been a key component for our football training but it has assisted with our two National Championship teams as well. This is an unparalleled product that only has our minds as a limitation!

Thank you,

“Big” John Williams
Assistant Athletic Director for Strength and Conditioning
Baylor University