STRENGTH & CONDITIONING SUMMER PROGRAM ATHLETIC CL WHERE ALL ATHLETS COME





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01/PROBLEM

- Prevalence of Injuries
- Strength Deficiencies
- Cookie Cutter Training
 Programs
- Insufficient Training Knowledge
- No Off-Season for S&C
- Poor Eating Habits
- Limited Range of Motion
- Inefficient Movement Patterns



02/SOLUTION



03/PERFORMANCE TESTING

- Baseline Measurements
- Force Plate Metrics
- Skeletal Muscle Mass
- Basal Metabolic Rate
- Test Range of Motion
- Identify Movement Deficiencies
- Measure Progress



04/NEXT LEVEL TRAINING

- Customized Exercise
 Programming.
- Target & Correct
 Deficiencies
- Reach your full potential physically and mentally.
- Prepare your body for the demands of sports
- Build Confidence
- Protect yourself from injury
- Recover Quicker





05/PEAK STRENGTH & POWER

- Ground Force
- Explosive Hips
- X Factor Core Strength
- Scap Loading
- Lateral Movement
- Stable & Balanced Loading
- Hand/Wrist Speed



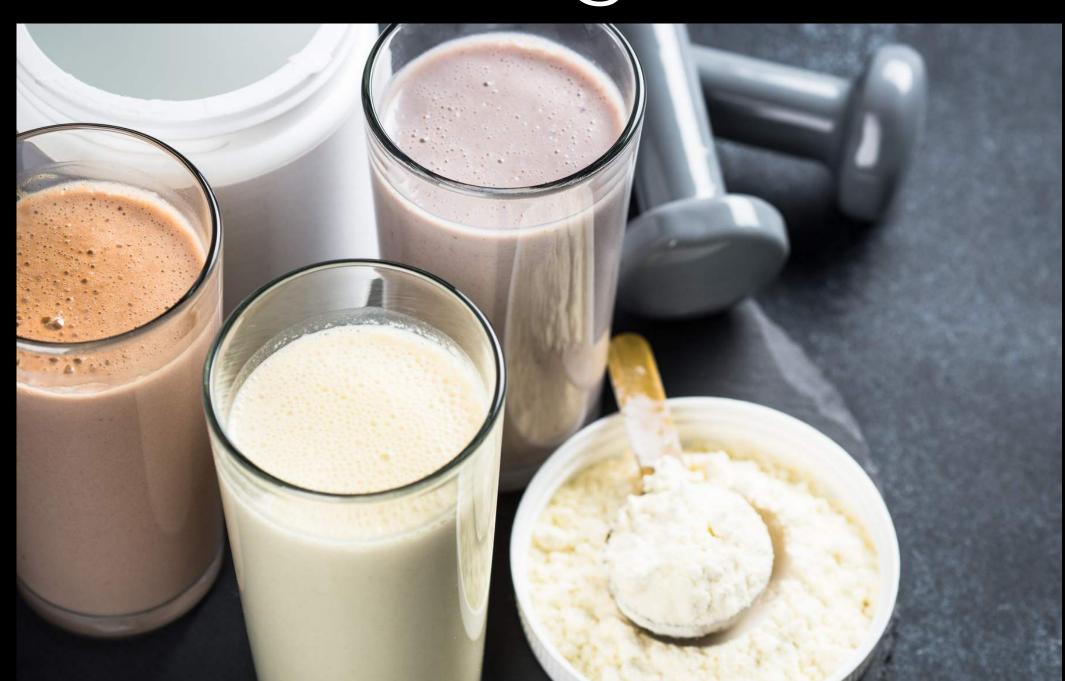
06/ELITE SPEED AND AGILITY

- Explosive First Move
- Efficient Striding
- Timing & Decision Making
- Glove to Hand Transfer
- Lateral Drive
- Change of Direction
 Mechanics



07/ CERTIFIED NUTRITION

- Pre-Workout, Pre-Game Meals
- Post-Workout, Post-Game Planning
- Muscle Growth
- Safe Supplements
- Meal Strategies
- Anti-inflammatory
 Foods



08/THETEAN





Coach V Speed Specia TOTAL BODY



Sports Performance Coach



09/SCHEDULE & PRICING

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Strength &	Assessments &	Strength &	Speed & Agility	Strength &
Power	Nutrition	Power		Power

Single Day Drop-In	5 Days	10 Days	15 Days
\$55	\$260	\$475	\$655

Membership Discount	1 Month Unlimited *Take Home Training Program **Free 30min Cage Rental	2 Month Unlimited *Take Home Training Program **(2) Free 45min Cage Rentals
10%	\$875	\$1650