



PROFESSIONAL ATHLETE TRAINING PROGRAM

Our Pro Level Training Program is designed to prepare our athletes for the highest level of competition through our advanced sports performance training systems. We focus on maximum increases in Speed, Strength, Power, Agility, Explosiveness, & Conditioning designed to ensure improved health, longevity and performance!

Program Benefits

- Improved Flexibility & Mobility
- Improved Core Strength
- Improved Explosive Strength & Power
- Improved Acceleration & Speed

- Improved Quickness & Agility
- Improved Sport Specific Conditioning Level
- Improved Sports Nutrition & Body Composition

MONTHLY TRAINING PACKAGES

1 Month Speed, Agility & Conditioning (SAC)	1 Month Total Performance Training (Strength Dev. & SAC)
1 x Week \$200 2 x Week \$400 3 x Week \$600	<u>Total Performance # 1</u> 2 Strength Dev. / 2 SAC per Week \$680
1 Month Str. Dev. Training	<u>Total Performance # 2</u> 3 Strength Dev. / 2 SAC per Week \$840
1 x Week \$180 2 x Week \$360 3 x Week \$540	<u>Total Performance # 3</u> 3 Strength Dev. / 3 SAC per Week \$1,020

www.EliteAthleteTraining.com (240) 498 - 9647