



THE FASTEST WAY TO BECOME A BETTER ATHLETE!

After... 100,000 Athletes, 5,000 College Scholarships, 1,000 Teams Trained, 150 NFL Players, and 15 First Rounders, including NHL, NBA, WNBA, and MLB Professional Athletes...we know **THE PROGRAM WORKS!**

Everything starts with an EVALUATION!

Evaluating your athlete's strengths and weaknesses is paramount to designing the right program for optimal sports performance.

What we test:

- **Linear Running Analysis** - Measures running technique
- **10-Yard Dash** - Determines acceleration ability
- **Vertical Jump** - Assesses lower body strength
- **5-Hop Broad Jump** - Assesses lower body power
- **5-10-5 Agility Test** - Determines an athlete's ability to change direction
- **Max Chin-Up Test** - Assesses upper body strength
- **Wobble Board Squat** - Determines balance, hip and core strength

Once your athlete is tested our personal trainers will be able to create the right program for them.

**FREE
EVALUATION**

Limited time offer, one per athlete.
Schedule your appointment today!

Athlete's Name

Phone Number

Age

Sport

Offer expires 12/31/08

GET STARTED TODAY! Call to schedule your evaluation.