

THE SPEED GENIUS

ATHLETES ELITE PERFORMANCE



TRAINING PROGRAMS

Performance Training limits don't exist when you have a dedicated program in place. Our performance training system is advance , unique, & specific to athletes of all sports . Our team work together to help you break through current thresholds and achieve specific goals.

(GDT) GENERAL DEVELOPMENT TRAINING:

Appropriate for the beginner or entry level athlete, ages 7-12 that have little or no athletic training background. The GDT focuses on basic fundamentals of movement skills and general endurance. Some of the key products of the program include proper warm-up, importance of core conditioning, mobility and flexibility routines, and the development of the fundamental mechanics that will be required for the more advanced performance series.

(APT) ATHLETIC PERFORMANCE TRAINING:

The (APT) was created for athletes looking to gain a performance edge on the competition. The APT introduces athletes to the fundamental "performance" qualities of speed, strength, power, and stamina. Athletes will be introduced to Explosive-Olympic weightlifting, explosive jumps - throws, and sprint techniques. This is the premier program to help athletes best prepare for the next level

(PPS) PROFESSIONAL PERFORMANCE SERIES:

Designed for minor-professional, collegiate and junior players looking to contend at the professional level, this advanced program will aggressively prepare athletes with the necessary improvements to perform at their best when it counts most. Our individualized programs will focus on the specific needs of each athlete and quickly produce the results essential for advancement in competitive sports.

