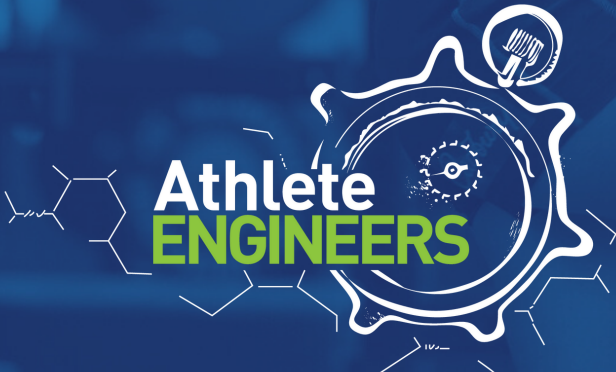


IGNITING A GLOBAL PHENOMENON OF UNSTOPPABLE CHAMPIONS



Athlete
ENGINEERS

ATHLETE PERFORMANCE PROGRAM

Forging regional athletes into unparalleled world-class champions by pioneering youth athlete development through groundbreaking wellness, strength and conditioning, and recovery systems, propelling them towards resounding success.

WE WORK WITH ATHLETES THAT HAVE BIG DREAMS BUT STRUGGLE TO FEEL LIKE THEY ARE PERFORMING AT THEIR BEST.

WE SPECIALISE IN HELPING THEM DEVELOP CONFIDENCE, RETURN FROM INJURY, IMPROVE THEIR PERFORMANCE, AND BULLETPROOF THEM FROM INJURY WITH ACCESS TO THE BEST COACHING AND COMMUNITY THAT TOOWOOMBA HAS TO OFFER.

WE ARE THE SOLUTION TO THE ACADEMIES AND INSTITUTES OF SPORT BECAUSE EVERY ATHLETE HAS ACCESS TO US.

SMALL TEAM TRAINING SESSIONS

Small Team Training is at the heart of the Athlete Performance Program. It's time to train with like-minded athletes, in a supportive and encouraging community.

In our Athlete Performance Sessions, our athletes follow their individualised programs under the supervision of experts in a small team environment.

Our Small Team Training is comprehensively spread out throughout the week to make it accessible to almost any schedule.

With a Athlete: Coach Ratio ensuring that no athlete can get missed, this is where all the magic happens.

PERFORMANCE TRAINING TIMETABLE

MONDAY

S&C SESSION
3:30pm-5:00pm

TUESDAY

S&C SESSION
6:30am-8:00am

S&C SESSION
3:30pm-5:30pm

WEDNESDAY

FIELD SESSION
4:00pm-5:00pm

THURSDAY

S&C SESSION
6:30am-8:00am

S&C SESSION
3:30pm-5:00pm
BIKE SESSION
5:00pm-5:30pm

FRIDAY

S&C SESSION
6:30am-8:00am

S&C SESSION
3:30pm-5:00pm

S&C Session - Supervised Strength Training session including Power, Strength, Core and Balance Training

Bike Session - Supervised Off-Foot Conditioning Session to improve Energy Systems

Field Session - Supervised Speed & Agility Session to improve Energy Systems, Agility & Technique



**ATHLETE
PERFORMANCE
PROGRAM**

FORGING REGIONAL ATHLETES INTO UNPARALLELED WORLD-CLASS CHAMPIONS BY PIONEERING YOUTH ATHLETE DEVELOPMENT THROUGH GROUNDBREAKING WELLNESS, STRENGTH AND CONDITIONING, AND RECOVERY SYSTEMS, PROPELLING THEM TOWARDS RESOUNDING SUCCESS.

PRICING OPTIONS

ATHLETE INSIGHT

90-min Premier Athlete Playbook
Identify your Strengths, Weaknesses and “blindspots” that are limiting your performance

\$197 INITIAL

ATHLETE PERFORMANCE PROGRAM

- **Weekly Supervised Strength & Power Sessions**
- **Weekly On-field conditioning Sessions**
- **Weekly Off-Foot Conditioning Sessions**
- **Weekly Recovery Sessions**
- **Individualised Programming**
- **Return to Sport Rehabilitation**
- **Weekly Coaching catch-up**
- **Normatec Compression**
- **Regular Performance Reviews**

\$60 / WEEK