

TESTIMONIALS

"Working with Elwyn has helped me attain the complete package as an athlete because I am now stronger than I have even been both mentally and physically. I have reached levels of success I didn't know I could reach. I have the utmost respect for Elwyn and his program and will continue to push myself for even more fulfillment as a person and athlete. I am confident that I will reach my goal to be an NFL quarterback because of the GR8 Athletes program."

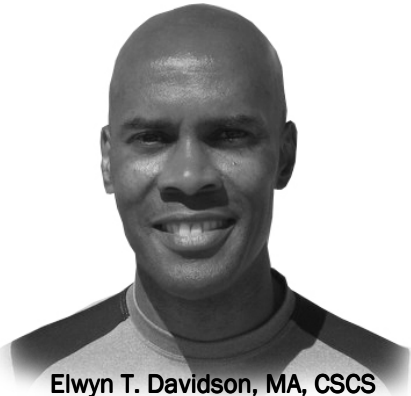
Billy Farris (Colorado State University/ Quarterback)

"Elwyn Davidson of GR8 Athletes did a lot for me as an athlete. Not only did I become physically stronger which benefited me in my sport, but I became mentally and emotionally stronger as well which helped me to become a champion. The workouts were challenging and forced me to develop an attitude that taught me the benefits of working hard every single day to achieve my ultimate goal, which was to win a state championship. Coach Davidson tutored me constantly on believing in myself and my abilities as an elite athlete; as a result, I became more confident and concluded the season with an individual State Championship in the 400 meters. The GR8 Athletes training program did more than help me develop into a stronger athlete, it turned me into a better, stronger, and more confident person."

Ashly Lester (Rocky Mountain H. S./CSU scholarship athlete)

"I play competitive men's ice hockey and I am currently training to attend (driving) racing school. I have worked with Fitness Trainers in the past and Elwyn's knowledge and professionalism continue to impress me as we work together. Specifically, his attention to detail, the research performed on my behalf, and his ability to motivate me beyond my limits and continue to attain my goals is notable. I feel that Elwyn takes my goals into consideration and maps out a course to attain these specific goals. I see many trainers taking clients "through the motions," but with Elwyn, I know my goals are his goals and my program is designed purposely to help me attain my goals. I believe his focus is on me as an athlete and this is how he approaches my fitness training. I know I am stronger, faster, and quicker today as a result of my training under Elwyn's tutelage."

Troy G. Smith



Elwyn T. Davidson, MA, CSCS

Great athletes are not born, they are created during the off-season through hours of hard work and unbridled dedication to be the **BEST**.



Do you want to become a
GR8 Athlete?
Give me a call and let's get to work!

GR8 ATHLETES



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Elwyn T. Davidson, MA, CSCS

Hi there. I'm Elwyn Davidson. There are a few things I'd like you to know about me; things that separate me from other trainers.

First, I am a **National Strength and Conditioning Association—Certified Strength and Conditioning Specialist.**

What that means to you is that I have been professionally trained to help you get strong and fit safely and in a way that serves your body.

Second, I have **twenty years of result driven training experience.** I pride myself on my ability to train clients of all fitness levels, from the special needs population to the elite athlete. My client base includes a group of women with Multiple Sclerosis; the Colorado State University Dance Team (Golden Poms); Steven Reinprecht (Calgary Flames/NHL); the University of California, Riverside Women's Basketball Team; and the Rocky Mountain High School Girl's Basketball Team.

Third, I am a **former competitive athlete and coach.** This has taught me the advantages of hard work and a single-minded dedication in order to compete at a high level year in and year out. I believe that there is no short cut to optimum health and fitness; those who reap the rewards at the end are those who have put in the sweat, time, and work necessary to get the results they desire.

I look forward to helping you take your athletic pursuits to the next level!



We all need help!

Anyone who has ever accomplished anything big in life has rarely done it on his or her own; very few people are capable of pushing themselves to the degree necessary to get noticeable fitness results. I encourage my clients to step out of the ordinary and into the amazing. Once they envision that they can do something they usually do it.



I can help you tear down the barriers to success!

Credentials

- Master's Degree in Physical Education
- NSCA-CSCS
- CHSAA Coaching Certified
- High School Basketball and Football Coach

Training Specialties

- Functional Flexibility Training
- Core Strength Training
- Muscular Balance
- Balance Training
- Strength Training

Keys to Fitness Success

- Nutrition (25%)
- Rest (25%)
- Cardiovascular Training (25%)
- Strength Training (25%)

Balance is the key to life!

TRAIN HARD



BE STRONG!

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