



**STRENGTH**



**ELEVATION**



**SPEED**

# GR8 Athletes

## BIG UPS: Explosive POWER

Big Ups is an 8-week Explosive Training program designed to increase POWER, Strength, Flexibility, and Endurance. This program was designed for basketball players but all athletes can benefit from this type of training. This is a GR8 preseason conditioning program for all basketball players.

All sessions are one-on-one and I bring the training to you. Call to schedule a complimentary initial consultation to discuss how hard work and determination can lead you to be a more EXPLOSIVE athlete! COME FLY with us.

### Contact

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