

## Program Description

### 60 Minute

classes focusing on total body training to keep intensity levels elevated.

### 5 Athletes Max.

per class to maintain the highest level of training effectiveness and attention.

### Each Athlete

will experience their own program catered to their movement needs and goals.

Prior to beginning their program each athlete will undergo an evaluation which identifies their strengths and weaknesses, but also allows the coach (s) to create the best program for the athlete.

Each class will be diversified with athletes of varying ages, ability, and sport that are training at the same time. Our expectations are that each athlete is motivated to become a better athlete, accountant to take ownership of their program, and able to advocate for themselves to better understand their program and what they need.

As a coach we take pride in helping each athlete understand the “why” behind each program and help them buy into the process. Each FSP coach takes a hands-on approach in order to build a relationship with an athlete so they feel how much we care about their success!

## Typical Session Structure

### Movement Preparation Phase

6-10 min.

During this phase the athlete will prepare their body for the performance and resistance phase. The movements prescribed will improve specific qualities and increase heart rate so the athlete is ready to train at a high level.

### Performance Phase

10-20 min.

Athletes will undergo exercises that prime their Central Nervous System to better handle sprinting, agility, change of direction, and plyometric drills. This phase will improve coordination, strengthen muscle tissue, and develop explosiveness and power.





## Resistance Phase

30-40 min.

Athletes will learn and refine primal movement patterns that help them gain strength and muscle size, increase explosiveness and power, and reduce the likelihood of an injury.

## Resilience Phase

5-10 min.

This phase will focus on improving conditioning and mental toughness. Athletes will undergo circuits and exercises that increase their capacity to handle intense competition and build focus to battle through mental fatiguing practices and games.

## Your Individuality Matters to us!

Each athlete is unique and has a different training age and athletic experience. Therefore, the athletes program will reflect what is best for them from start to finish of their time at FSP. We aim to teach athletes the foundation of performance training so it improves their ability in their sport, but influences them to maintain a healthy and active lifestyle.

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