

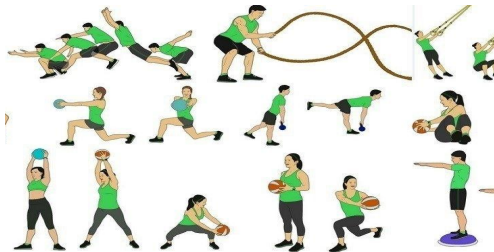
Parents!

Does your child play one or more sports?
Do they have dreams of Division 1 competition?
Need a winter fitness program to prepare for 2022?

Junior Athletic Fitness Program

\$199 includes

- 15 sport-specific exercises w/ video
- Four (4) 30 min lessons with a TPI certified Junior 3 athletic professional.
- Pre-event warm-up to maximize athletic achievement and longevity.



The **key in maximizing your child's athletic potential** is to improve their ability in the push, pull, squat, jump and rotational movements. With this, you can generate speed, power and explosiveness in all directions. This is what it takes to succeed in school sports today.

The **great** news: You can ensure a better chance of their success for \$199.

The **first 5 Members** to call will receive a free **Power Food Template! (\$75 value)**

Get a leg up on tomorrow's competition by contacting:

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