

Ignite Your Potential

It Only Takes a Spark

The High Energy Advanced Training (HEAT) Program is a comprehensive program designed to enhance and restore flexibility, strength, power, speed, and cardiovascular conditioning. Our program is based on sound scientific and medical principles to help you reach your full fitness potential.

H^o E^o A^o T^o
HIGH ENERGY ADVANCED TRAINING

HEAT Sport-Specific Programs

Sport-specific programs begin with your initial evaluation (health history and fitness test). Then we develop a personalized program to help you meet your goals. Our trained and certified exercise coaches monitor and chart your progress during your training program. Classes offered Monday through Saturday.

Sport-specific programs have five areas of focus:

1. Strength/Power

Athletes will use safe and proper lifting form for exercises involving free weights, including Olympic lifting. The emphasis here is to increase the athlete's vertical jump, top-end speed and One-Rep maxes in the weight room. Although the elements of Power and Strength are different, proper training techniques are crucial to an athlete's performance.

2. Athletic Speed/Endurance

Athletes need to push 110%. With HEAT they will be training towards pushing past their current threshold. Every session they will be improving their maximum Capacity (VO2 Max). Through HEAT's science proven body training, athlete's performance will be increased through proper technique, coordination, improved reflex, and body symmetry training.

3. Recovery/Mobility/Flexibility

This is an element that is often neglected by athletes. A recovered athlete is one that can perform at their highest level. Athletes will go through range of motion training (ROM) and body control/flexibility training. They will also be using top end Yoga, Myofascial release, cryotherapy and Mind/Body connection training to recover to the highest capacity; preventing injuries.

4. Nutrition

Athletes have to eat well in order to enhance performance. They will learn the importance of how the foods and supplements they consume affect their body. Our athletes will be guided in the right direction in order to improve upon all elements of training.

5. Coaching

Athletes will be working along with Certified Trainers. Under strict supervision of form and neuro-muscular programming, we will be able to take you to the next level.

Strength /Power + Athletic Speed/Endurance + Mobility/Flexibility/Recovery + Nutrition + Coaching

(60 to 90 minutes per session)

12 Weeks \$450 — 10 Weeks \$400 — 8 Weeks \$350 — 6 Weeks \$300

IGNITE YOUR POTENTIAL TODAY!

Call **Rusty Deters** at **320-654-9090** or email **rdeters@fitnessrevolution.com** for more information.



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