

GAMEFIT®

SPORTS PERFORMANCE FITNESS



INSTRUCTOR INFO PACK

PRODUCT OF
T3C®
FITNESS
TRAINING

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; 5 A 9 FIT® is a new concept designed to give sports coaches and athletes creative readymade training sessions to enhance and optimise athletes sports performance in minimal time. While the sports industry has continued to push boundaries in terms of game styles, technology, nutrition and even performance wear in the last decade, many coaches have continued follow the same basic old school fitness regimes. It's time to change with the metrics of the sport.

Are you game to try something different?

; 5 A 9 FIT® is a unique, scientifically designed training session that targets and improves speed, balance, stabilisation, agility, power, strength, CV and muscular endurance. We all know coaches would rather spend less time on fitness and more on honing skills. What if you could do exactly that and increase your athlete's performance in the process?



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; **5A9FIT®** only takes 20 minutes yet it will keep your athletes going throughout the full duration of their game. The short sharp 20-minute session enables the coach or instructor to challenge every member of their team with the readymade fitness training programmes. It comes with pre-designed monthly sessions, that can be delivered in outdoor field work or in an indoor centre environment. It's versatile, equipment free, and easy to implement making the coach's life extremely easy, optimising maximal time to focus on specific all-important sports skills.

; **5A9FIT®** is an innovative way to motivate and push athletes out of their comfort zone. The aim is to optimise training effects on performance and minimise the risk of common injuries such as hamstring, lower back, adductor and groin injury. This sport specific fitness programme gets fitness results quickly, allowing more time for each athlete to focus on skill acquisition. The training session protocol has been designed to develop quality lean muscle tissue, a key factor in strengthening performance. Compound exercises are incorporated which provide focussed metabolic responses. Research and evidence indicates that type of training yields more positive results and increases fitness levels, in a shorter period of time.



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Looking for something new for your class time table? How do you maximise your target customer reach? Research says 18-24-year-old males are the most difficult group to attract to fitness. ; **5A9FIT®** is the answer.

; **5A9FIT®** is a cost-effective training workout designed to challenge sports athletes and fitness fanatics alike. Although it has been designed for sports performance fitness, it is versatile and works equally well in fitness class / leisure centre environments. After several taster sessions throughout centres customers were asking to have classes on the timetable.

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Our pricing structure is simple: if you are currently a T30 Fitness training member through Fatburn Extreme® you will qualify for a special loyalty discount. Contact the helpdesk to enquire about current member and early bird discounts.

If you are looking to run a course or have a number of coaches/instructors you would like to register we may be able to offer you an attractive corporate package. Contact our helpdesk@fatburnextreme.com for details.

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One off course fee of

£199

To Qualify

Optional no contract

£8.99 pm

membership

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