

# **PUSH**\_your peak



An educational  
introductory 3 month  
**Sports Performance**  
program

**PUSH**

[THE RIGHT BUTTON]

**PUSH**\_Training Systems

The unique **PUSH\_Your Peak Performance** program will help you reach your sporting peak with a full breakdown of the fitness & skills necessary to grow as an athlete without overtraining. It is performed by athletes turned coaches who know what it takes to be the best you can be!

**PUSH\_Your Peak Performance** includes:

### **COACHING**

Your strength and conditioning coach will address your sport specifically and breakdown your year into phases for best results. Your progress will be measured and your training will be monitored. Positivity and visualization will also help you to reach new heights.

### **PERIODISED PROGRAM**

A program will be designed for you, taking you through specific training phases necessary to help you become the best athlete possible. This will also help with limiting the possibility of 'burn out'.

### **MASSAGE**

Enjoy some deep sports massage with our massage team and allow your muscles to recover quicker and stronger. You will learn self myofascial release for you to input into your recovery program.

### **PUSH\_TRAINING**

Your coach will reach new heights in your weekly training ensuring progression is maintained and technique is a priority.

**PUSH\_THE RIGHT BUTTON** and  
"Live Your Best Life"

