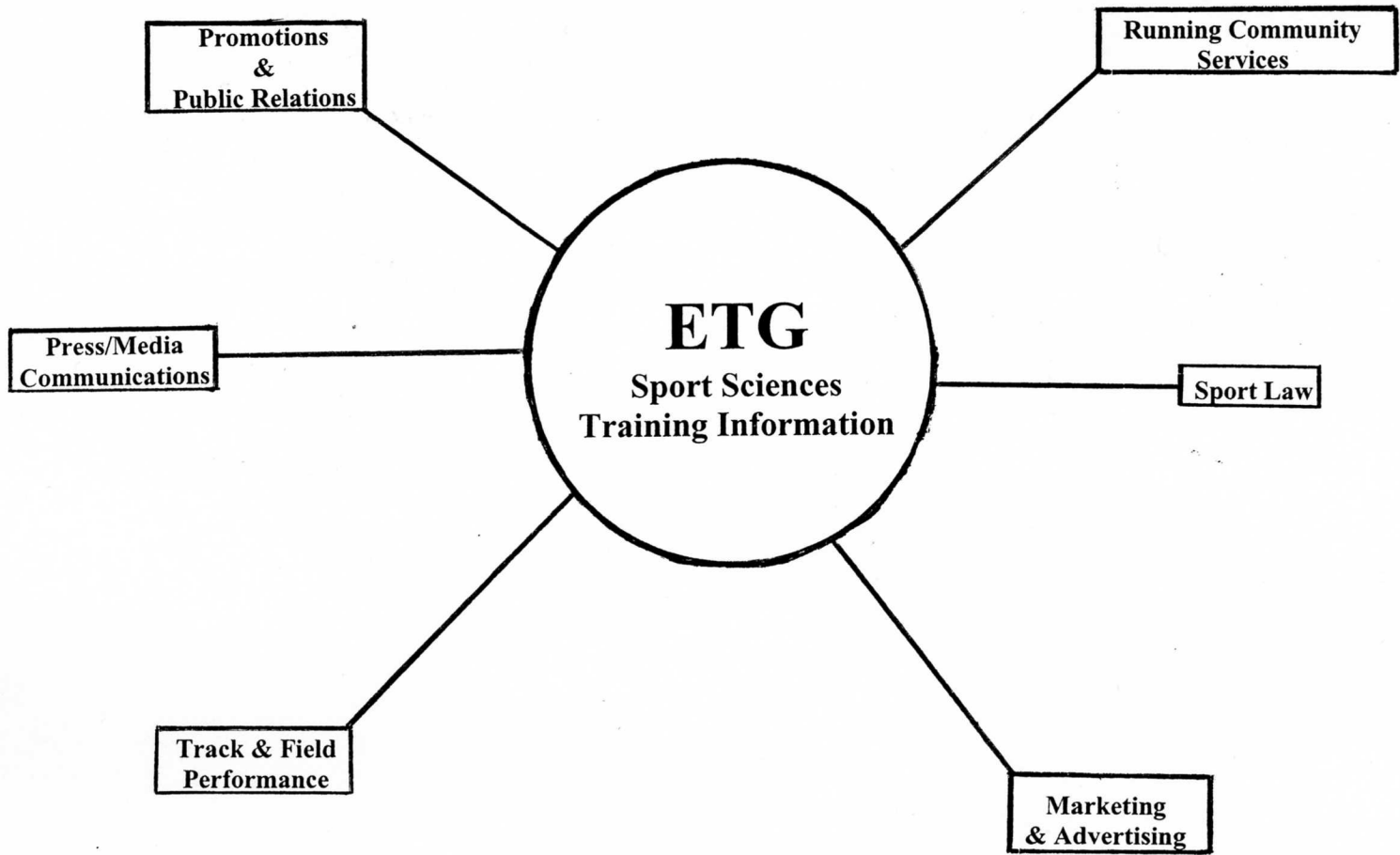


Our training program is at the center of our performance, promotions, marketing, and business aspects of our club.
If our training program works, so will everything else.



* IDENTIFY ALL MAJOR MECHANISMS OF
OPTIMAL HUMAN PERFORMANCE

Optimal Performance

* DESIGN A TRAINING PROGRAM THAT ADDRESSES
ALL MAJOR MECHANISMS

Step One: Identify Your Limitations

Step Two: Remove Them



**OPTIMAL
PERFORMANCE**

**CONTROLABILITY
OF
PERFORMANCE**

*CONTROLABILITY
OF*
**MUSCULAR
FITNESS LEVEL**

*CONTROLABILITY
OF*
**CEREBRAL
FITNESS LEVEL**