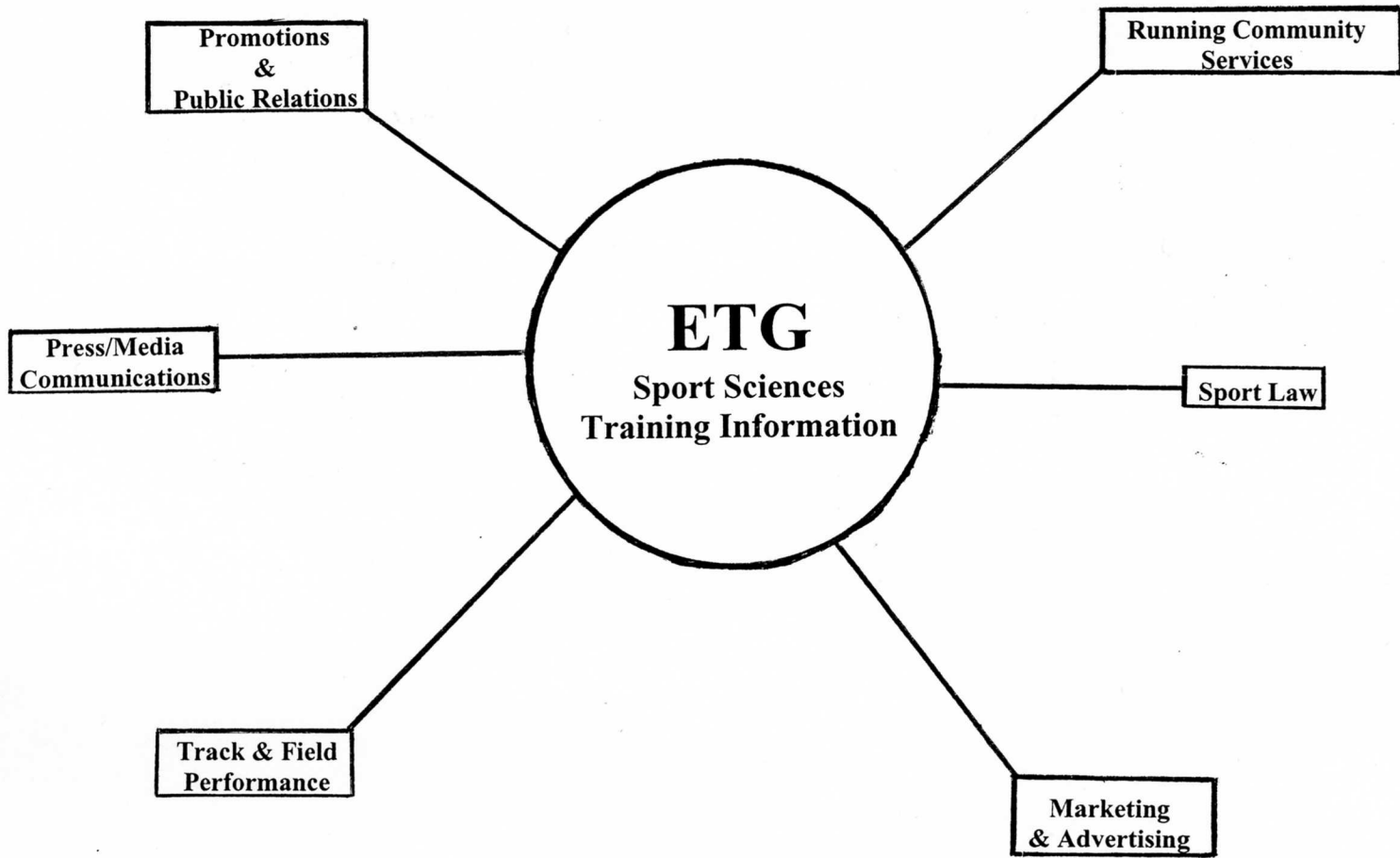


Our training program is at the center of our performance, promotions, marketing, and business aspects of our club.  
If our training program works, so will everything else.



\* 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**