

# EXERCISE SETTINGS



## ATHLETE TRAINING



When it comes to sports, it's the very fine details that could mean the difference between triumph or falling short by a few milliseconds. It's our job to prepare our athletes to make sure they shine when it counts, and this is precisely why our entire focus is on precise attention to detail. How do we do it? [We put every aspect of an athlete's fitness under the microscope](#) and dissect their imbalances, their weaknesses, and gaps in performance using in-depth individualized testing, tailored programming, and vigorous follow up. The clock is ticking on getting a leg up on the competition, are you in?

### Perfect for:



BUILDING  
STRENGTH & MUSCLE



ATHLETE  
DEVELOPMENT



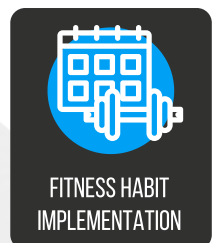
INJURY  
PREVENTION



SPORT-SPECIFIC  
TRAINING



BUILDING  
STRENGTH



FITNESS HABIT  
IMPLEMENTATION

## Who do I talk to if I'm interested?

If you think Athlete Training might be for you, simply message your facility's General Manager. They will connect you with a trusted AFS professional to work with you and set up the following meetings:

#### MOVEMENT SCREEN

In-depth movement  
analysis & sport-  
specific evaluation



#### ATHLETE ORIENTATION

In-person review  
session to chart key  
development areas



#### QUARTERLY RE-TEST

Test every 90 days to  
evaluate progress and  
adjust accordingly

[CLICK HERE TO  
LEARN MORE ABOUT  
ATHLETE TRAINING](#)