

# **SPECIAL TRAINING PACKAGES**

**A YEAR-ROUND REGIMENT FOR A TEAM OR INDIVIDUAL ATHLETE. SPORTS SPECIFIC MOVEMENTS FOR AN OVERALL PERFORMANCE ENHANCEMENT FOR ALL ATHLETES. IN-ORDER TO IMPROVE POWER, SPEED, AGILITY, RANGE OF MOTION, FLEXIBILITY, AND CONDITIONING A THOROUGH UNDERSTANDING AND ANALYSIS MUST BE MADE OF TEAM AND INDIVIDUAL DEFICITS.**

**INCLUDES ALL COMPONENTS OF ATHLETE PERFORMANCE, PREHAB, FOAM ROLL, DYNAMIC WARM-UP, CORE STABILITY, FULL BODY STRENGTH, FLEXIBILITY, AND RECOVERY.**

**All fees must be paid in full at time of purchase and prior to first session**

**All training packages must be used within 60 days of purchase**

**A 24 hour cancellation policy is in effect and one of your paid sessions will be removed and considered used if a 24 hour notice is not given for each appointment**

**SPORTS PERFORMANCE TRAINING PACKAGE: 20 SESSIONS \$900**

**XHEAT S.A.Q. TRAINING:  
12 SESSIONS \$150**

**XHEAT STRENGTH PACKAGE:  
9WEEK PROGRAM 3 DAYS/WEEKLY \$125**

**LaQuita Thompson**

**832-407-1082**

**xtremeheatsports@gmail.com**



**www.xtremeheatsportsmgnt.net**