

🏐 **FASTER** 🏐 **HIGHER** 🏐 **STRONGER** 🏐



Bring Your Athletic Performance To The Next Level

- 🏐 Improve net play with training techniques designed to increase *Approach Jump & Block Jump*.
- 🏐 Better defense by developing explosive lateral *Quickness & Agility*.
- 🏐 Develop *Hitting Power & Reduce Risk of Injury* through core training & joint mobility exercise.
- 🏐 Enhance *Performance, Endurance & Recovery* with sport nutrition education.

About Our Youth Sport Fitness Program

At Ultimate Fitness we will help young athletes improve strength and conditioning for their sport! We use unusual but effective training tools to help them accomplish their goals. Ultimate Fitness *will not* teach sport specific techniques (that is for your coach); instead, we will train movement patterns for muscles that are utilized in specific sports.

Our training techniques are full body movements, which increase fitness levels fast, while decreasing the risk of injury. In Volleyball, there are certain elements of fitness that you need for success. These include jumping, speed, agility, strength, stamina, core strength and injury prevention.

Special Offer to East Valley Junior Athletes

(Minimum 4 athletes per team)

Team Fitness Package

8 sessions (2 per week) - \$10 per session / athlete

Team Fitness & Nutrition Package

6 Fitness sessions / 2 Nutrition sessions - \$15 per session / athlete

*One – On – One Personal Training and Nutrition Counseling also Available

Contact Mark Lalama @ 480-897-3422