

GRIDIRON WILL

SIGNING UP for this program you will **LEARN WHAT IT TAKES TO BE A LEADER** on your team. **GRIDIRON WILL** is designed for molding football players into an **UNSTOPPABLE and DOMINATING FORCE!**

Become the complete **ATH-ELITE** with this great **7 WEEK TRAINING PROGRAM**. This workout is for the **SELF-DRIVEN AND SELF-MOTIVATED!**

Program Details:

~3 training sessions per week

(2 training sessions with EXSP and 1 at your convenience)

~1 seminar per week with Dave

(ENHANCING YOUR LEADERSHIP SKILLS,
WORK ETHIC AND DEDICATION)

~Nutrition advice to gain the most of each workout improve performance



JANUARY 12 THROUGH FEBRUARY 26TH

MONDAYS and WEDNESDAYS: 6:45pm to 8pm; **TUESDAYS:** 7:30pm to 8:15pm

Program is **LIMITED TO FIRST 6 ATHLETES** that sign up!

Cost is \$250 but **first time premium training** program is **offered over 50% off**

Contact Dave

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