



"Kris is a tremendous asset to my off season program, preparing me physically and mentally for spring training and the season."

I recommend training at SPi to any athlete looking to take their game to the next level."

Jim Thome, MLB player

PERFORMANCE TRAINING GROUPS

- Train athletes to develop GameSpede.
- 90 minutes of intense, focused training geared toward the individual athlete.
- Unify awareness, mechanics of athleticism, movement based **STRENGTH**, and **REGEN** methods for accelerated results.
- Performance Plan created based on your Profile Report, sport, time of year, etc.
- Work closely with Team SPi to meet your performance objectives.

ATHLETE DEVELOPMENT

Each training element offers unique benefits within the spectrum of the athlete development.

- **Athlete Profile**
- **Individual protocol**
- **High Intensity Groups**
- **REGEN Training**
- **Nutrition Education**
- **Annual Plan, Action List**
- **Flexible Training Schedule**

UNLEASH YOUR POTENTIAL.



EXPERIENCE EXPONENTIAL PROGRESS

- **Increased strength & power**
- **Enhanced athleticism**
- **Explosive acceleration**
- **Active recovery methods**
- **Performance. Ready to compete.**

SCHEDULE A PROFILE

To get where you want to go, you have to know **HOW** to get there.

75 minutes of the SPi experience focused on interpreting your life as an athlete.

Active training will define you as an athlete mentally, physically, functionally.

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ONLY PLACE TO GET GameSpede.

Re-define what to strive for in training and competition. The combination of attitude, speed, vision, resulting in exponential progress.

In one word provide greater clarity, purpose, and progress to your training.

Attitude

The mind is the most powerful part of the athlete.

Speed

Optimum rate of motion: strength, power, mechanics and more. Speed is the rate of progress.

Vision

Sharpness in competition and clarity in training.

ESSENCE OF AN ATHLETE