



FOUNDATION for Volleyball

Want to redefine your athletic potential and performance, functionally move more efficiently, expose & correct your body's imbalances, and play at an entirely new level?

4-WEEK FOUNDATION TEAM TRAINING...

- * Develops a bio-mechanical foundation rooted in functional movement that empowers increased efficiency of movement patterns, flexibility, mobility, stability and neuromuscular balance
- * Increases core and full chain strength and power
- * Increases speed, agility, reaction, quickness, absorption, deceleration and acceleration
- * Encourages new-found athleticism, motor skill development, body awareness and fitness
- * Reduces the likelihood of acute and chronic injury
- * Performance testing & reporting
- * Promotes effective restoration & nutrition principles

DETAILS

* **Where?** The Inner Circle Gym (525 Piere Street in Wenatchee)

* **When?** November 23 - December 21 (14 Sessions)

- Pre and post training testing/educational sessions: Saturday, November 23 & Saturday, December, 21 (11:00AM - 1:30PM)

- Foundation training: Mondays, Wednesdays & Fridays (6:30PM - 8:00PM)

RATE PER SESSION: \$15 FULL CLASS: \$190
(\$20 Discount)

Checks made payable to Blaine Davidson

You can train old-school, and target each individual muscle, but what happens when those muscles need to work together in motion? Or you can train for functional movement of the full kinetic chain -- and still develop favorable body composition, strength and fitness -- and teach all of your parts to work together through multiple planes of motion. The goal of Foundation training is not to change body composition, though that will be a fruit harvested. Rather, the purpose is to improve how the body efficiently moves. The result is injury reduction and such a stable, strong, functional foundation that whether you're training for general fitness or competing at an elite level, you will enable profoundly new transformation and performance to occur.

- Blaine Davidson
Performance Enhancement Coach

Questions? Contact Blaine Davidson at 509-293-2384 or blainecdavidson@gmail.com .

Foundation training promotes the vision and purpose of The Inner Circle Gym...to see athletes of all ages and abilities become functionally equipped to perform at the highest level possible, while experiencing mind-blowing results.

- Cathy Covey & Adam Vognild The Inner Circle Gym Owners