

## FYX STRENGTH AND CONDITIONING PACKAGES

Our strength training program synthesizes our Combinetix with intense strength & conditioning training to maximize our athletes' strength, power, mass, and hypertrophy. This strength training package can be set at 3, 4, or 5 days a week and the intensity is dictated by our Combinetix assessment and whether the athlete is in-season or off-season.

|          | 3x Days/Week    | 4x Days/Week    | 5x Days/Week    |
|----------|-----------------|-----------------|-----------------|
| 1 Month  | \$140           | \$175           | \$200           |
| 3 Months | \$130 per month | \$150 per month | \$175 per month |

## VARSITY AND JV SPEED, AGILITY, AND QUICKNESS (SAQ)

This comprehensive approach to Combinetix for any and all athletes helps develop speed, strength, power and athleticism. Our sessions are split in two groups; Varsity SAQ is designated for our high school athletes and JV SAQ is designated for our middle school athletes. Our athletes should commit to at least 3x/week during the off-season. Combinetix is designed to fit any athlete and any sport. Our SAQ program will get our athletes to achieve your goals, whether it's speed, power, or quickness.

|                    |                 |
|--------------------|-----------------|
| 1 Month Unlimited  | \$175           |
| 3 Months Unlimited | \$150 per month |
| 10-Pack            | \$200           |

## COMBINED STRENGTH AND SPEED PACKAGES

Designed for athletes in their off-season, we combine our SAQ Package and our Strength & Conditioning packages in this intense strength and speed package. We optimize our training program to leverage every aspect of Combinetix to maximize our athletes' strength, speed, agility, quickness, power, and hypertrophy to compete as an elite athlete at the highest level.

**ALL-CONFERENCE:** 3x days/week Strength training and Unlimited SAQ

**ALL-STATE:** 4x days/week Strength and Unlimited SAQ

**ALL-AMERICAN:** 5x days/week Strength and Unlimited SAQ

|          | All-Conference  | All-State       | All-American    |
|----------|-----------------|-----------------|-----------------|
| 1 Month  | \$250           | \$300           | \$350           |
| 3 Months | \$225 per month | \$275 per month | \$325 per month |