

Performance Athletix Training Services

Performance Athletix provides several training program levels for amateur and professional athletes.

- Amateur Group Training
- Amateur Individual Training
- Professional Individual Training
- Professional Summer Group Training
- NFL Combine Training

Engineered Performance, Unbelievable Results

Our proprietary **DNA™** fitness programs develop your core energy systems through advanced heart rate monitoring, performance feedback metrics and an optimized blend of targeted exercises. It is unlike any training system in the world.

All workout metrics – workload, reps, recovery time, peak heart rate, even failure points – are measured and recorded into the **DNA™** system which then determines the appropriate **next** workout program based on this data.

No other program on the planet provides this level of performance tuning for the individual athlete which is why no other program achieves the same unbelievable results for **every** athlete that uses it.

World Class Service, Zero Distractions

When you train with Performance Athletix, you are 110% focused on your training, nothing else.

Our highly structured training programs combined with our attention to world class training service provide you with a zero distraction environment.

From meals and dietary planning to heart rate monitoring and data entry to covering your facility and parking fees, we include everything that you need to get the most out of your training sessions.

Amateur Group Training

Amateur Group Training is an all-inclusive group training program targeted towards high school, collegiate and other non-professional athletes looking to break through to the next level.

This program improves individual performance in a group setting and offers a substantial cost savings over individual training services. To sign up for Amateur Group Training you must have at least eight (8) group members.

Features

- ✓ 24 sessions per month, 6 sessions per week (included)
- ✓ **Performance Athletix DNA SPORT™** training program (included)
- ✓ World-class workout facilities with parking (included)
- ✓ Daily meals based on **Metabolic Typing™** dietary program (included)
- ✓ State of the art heart rate monitoring programs and equipment (included)
- ✓ Pre-and-post program human performance evaluation assessment (\$125/test)
- ✓ Access to the world's most advanced human performance testing equipment located in the University of Minnesota Exercise Phys Lab, the only lab in the world with the Med Graphics performance testing machine!

Pricing

The Amateur Group Training program is available on a monthly basis and requires a minimum of eight (8) group members.

- Price Per Individual \$1,000 per month

Amateur Individual Training

Amateur Individual Training is an all-inclusive training program targeted towards high school, collegiate and other non-professional athletes looking to break through to the next level.

This program is focused entirely on improving individual performance and is custom designed for each athlete, from the day to day physical training to the daily dietary and nutrition needs.

Features

- ✓ 24 sessions per month, 6 sessions per week (included)
- ✓ One-one-one training (included)
- ✓ **Performance Athletix DNA SPORT™** training program (included)
- ✓ World-class workout facilities with parking (included)
- ✓ Daily meals based on **Metabolic Typing™** dietary program (included)
- ✓ State of the art heart rate monitoring programs and equipment (included)
- ✓ Pre-and-post program human performance evaluation assessment (\$125/test)
- ✓ Access to the world's most advanced human performance testing equipment located in the University of Minnesota Exercise Phys Lab, the only lab in the world with the Med Graphics performance testing machine!

Pricing

Performance Athletix is proud to offer discounted services to amateur athletes serious about taking their performance to the next level. All pricing reflects a 50% discount off of professional rates.

The Amateur Individual Training program is available on a daily or monthly basis.

- Daily Training \$75 per session (50% off pro rates)
- Monthly Training \$1,500 per month (50% off pro rates)

Professional Individual Training

Professional Individual Training is an all-inclusive individualized training program targeted towards professional athletes.

This program provides unbelievable results in a short period of time and is perfect for off-season fitness preparation, rehabilitation and building your competitive edge. Your endurance, speed and power will all improve, allowing you to sustain extreme levels of intensity when the game is on the line.

Features

- ✓ 24 sessions per month, 6 sessions per week (included)
- ✓ One-one-one training (included)
- ✓ **Performance Athletix DNA PRO™** training program (included)
- ✓ World-class workout facilities with parking (included)
- ✓ Daily meals based on **Metabolic Typing™** dietary program (included)
- ✓ State of the art heart rate monitoring programs and equipment (included)
- ✓ Pre-and-post program human performance evaluation assessment (\$125/test)
- ✓ Access to the world's most advanced human performance testing equipment located in the University of Minnesota Exercise Phys Lab, the only lab in the world with the Med Graphics performance testing machine!

Pricing

The Professional Individual Training program is available to professional athletes on a daily, weekly and monthly basis.

- Daily Training \$150 per session
- Weekly Training \$1,500 per week
- Monthly Training \$6,000 per month

Professional Summer Group Training

Professional Summer Group Training is an all-inclusive group training program targeted towards professional athletes.

This program provides unbelievable results in a short period of time and is perfect for off-season fitness preparation. Your endurance, speed and power will all improve, allowing you to sustain extreme levels of intensity when the game is on the line.

Features

- ✓ 72 sessions over 3 months, 6 sessions per week (included)
- ✓ **Performance Athletix DNA PRO™** training program (included)
- ✓ World-class workout facilities with parking (included)
- ✓ Daily meals based on **Metabolic Typing™** dietary program (included)
- ✓ State of the art heart rate monitoring programs and equipment (included)
- ✓ Pre-and-post program human performance evaluation assessment (\$125/test)
- ✓ Access to the world's most advanced human performance testing equipment located in the University of Minnesota Exercise Phys Lab, the only lab in the world with the Med Graphics performance testing machine!

Pricing

The Professional Summer Group Training program is available to professional athletes with minimum group size of eight (8). The program lasts three (3) months.

- Price Per Individual \$6,000 for 3 months

Schedule

Enrollment for the Professional Summer Group Training program begins in the Spring. Please contact Performance Athletix no later than May 15th to schedule your summer training.

NFL Combine Training

Performance Athletix offers a specialized NFL Combine Training Program to help athletes entering the NFL draft prepare for the most important four days of their career – the NFL Combine Training Interview.

The program is held in Las Vegas, Nevada and is an all-inclusive program conducted by NFL Combine expert and Performance Athletix founder, Ted Johnson.

Features

- ✓ 12 weeks, 6 sessions per week (included)
- ✓ Training conducted by NFL Combine Expert Ted Johnson (included)
- ✓ **Performance Athletix DNA NFL Combine™** training program (included)
- ✓ World-class workout facilities with parking (included)
- ✓ Daily meals based on **Metabolic Typing™** dietary program (included)
- ✓ State of the art heart rate monitoring programs and equipment
- ✓ Room and board (included)
- ✓ Pre-and-post program human performance evaluation assessment (\$125/test)

Pricing

The NFL Combine Training program can be attended on a weekly basis or as the full twelve (12) week program (recommended).

- Weekly Training \$1,500 per week
- 12 Week Program \$10,500

Schedule

The NFL Combine Training program starts twelve (12) weeks before the NFL Combine official start date. Enrollment will be taken at any time up to the last week before the NFL Combine start date.