

TRAINING CAMP

GETTING FIT FOR THE SPORT OF LIFE

FUNCTIONAL
SAFE
PROVEN RESULTS



TRAINING CAMP FITNESS

STRATEGICALLY DELINEATED FROM ALL OTHER PROGRAMS

MVP'S Training Camp is a group fitness program done with MVP's staff in an energetic and high paced setting. Life is your sport and you need to train like an athlete, but that does not start until you show up to Training Camp! You will begin with MVP's intake fitness assessment to establish your baseline fitness level, then it's game on. The assessment will be used to track your fitness gains as we reevaluate your fitness levels every 2-months. Once you have started MVP's Training Camp program, you will not only begin to tap into your fitness goals, you will begin to dominate that opponent called life!

WHAT TO EXPECT AT TRAINING CAMP

- ✓ Fitness Assessment & Testing
- ✓ Flexibility Training
- ✓ Indoor & Outdoor Training
- ✓ Core Training
- ✓ Beach Sand Training
- ✓ Fitness Challenges
- ✓ Plyometrics
- ✓ Cardio Work
- ✓ Functional Strength Training
- ✓ Professional Staff



ARE YOU READY TO STEP UP TO THE CHALLENGE?
CALL FOR YOUR FREE ASSESSMENT



MVP Sports Center

20412 Barents Sea Cir
Lake Forest, CA 92630
(949) 855-0100 p.
(949) 855-0134 f.

www.mvpsc.com

