

SFA Training Club – Sports Dynamix

Pro athlete strengthening & fitness program

Program highlights:

- ✚ 1st 4 weeks would be foundation for all sports
- ✚ Each sport would be drawn specific exercise protocols
- ✚ Each age group with different exercise selection
- ✚ Exercise and speciality protocols from 2nd month onwards
- ✚ Progression in fitness after testing post 4th week
- ✚ Each skill will have different protocols in accordance with sport
- ✚ All components of fitness would be addressed for each sport
- ✚ Specific testing for specific age groups
- ✚ Specific testing for each sport
- ✚ Review of each athlete after 4th week post testing
- ✚ Monitoring log and monthly log review for each athlete
- ✚ Certificate on completion of the program
- ✚ Personalised assessment report