



ELITE STRENGTH
ACADEMY
FOOTBALL TRAINING

ESA FOOTBALL TRAINING

- Full Fitness Evaluation
 - Nutritional Consultations
 - Individualized Program Design
 - Training in small groups
 - Supervised by ESA Strength Coaches
 - Strength Training
 - Speed & Agility Training, Plyometrics
 - Conditioning
 - Flexibility & Mobility Drills
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Fitness Evaluation

- Body composition testing
 - Hormonal balance testing
 - Upper & lower body structural balance tests
 - Lower body strength & power tests
 - Upper body strength & power test
 - Acceleration
 - Agility
 - Core Strength
 - Flexibility
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Nutrition Consultations

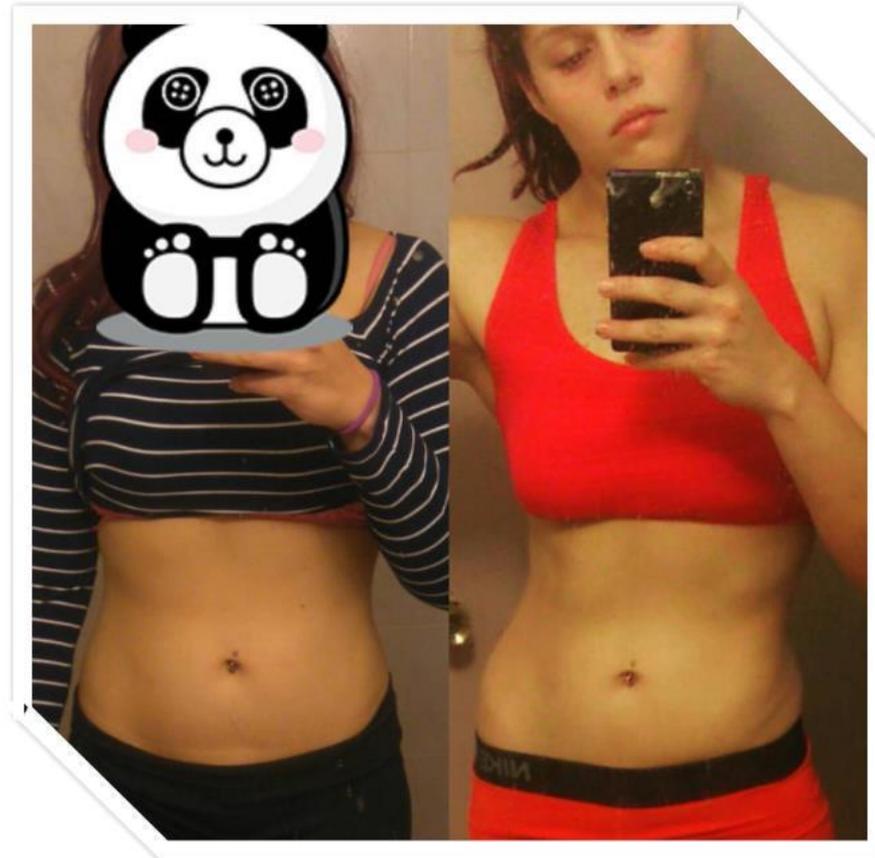
- Learn what foods to eat & when to eat them
- Improve your lean mass – while reducing body fat
- Improve energy and strength
- Recover between games



8 Week - Body Composition Changes



8 Week - Body Composition Changes



Structural Balance Tests

- Structural balance testing helps us design individualized programs
 - Determine what muscles are the weakest link in the chain
 - By strengthening the weakest muscles first you will reduce the risk of injury while improving performance
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Upper & Lower Body Power Tests

- Vertical Jump Tests
- Penta Jump
- Standing Long Jump
- Chin Ups
- Med Ball Chest Pass
- Med Ball Throws
- Bench Press
- 10 and 40 yard dash
- Pro Agility



Strength Training

- Individual programs designed to improve strength and power



Strength Training

- Supervised by ESA Strength Coaches



Strength Training

- For those that are willing to be pushed further than they can imagine



Speed Training

- Whether you need to run down a fumble, or sprint down the field on a long bomb – speed is an integral part of Football



Speed Training

- Learn proper sprinting technique
- Improve starting speed & acceleration



Agility Training

- Improve your reaction time and change of direction



Core Strength

- Improve balance and Stability to increase power output



Flexibility

- Upper & Lower Body Flexibility is extremely important for football
- It helps to increase velocity – as well as improves speed



ESA FOOTBALL TRAINING

If you are serious about getting bigger, faster & stronger – don't miss this opportunity

Join ESA Today

8 WEEKS - \$498+HST

12 WEEKS - \$672+HST

16 WEEKS - \$796+HST

12 MONTH - \$149+HST PER MONTH

Location



ELITE STRENGTH ACADEMY

3380 BASELINE RD, WINDSOR, ON

ESAWINDSOR@HOTMAIL.COM

519-999-6410

