



THREE SONS 10 WEEK ATHLETE PROGRAM

**ONLY \$70
A WEEK
WITH
PROVEN RESULTS
STARTS OCT 4TH**

WHAT YOU GET

- 4 sessions a week
- Foundation strength exercises
- Learn the Mechanics of your body
- Core and glute strength
- Pre game conditioning
- Post game recovery
- Increase your mobility
- Improve cardiovascular fitness
- Bookings essential

**MESSAGE US ON
FACEBOOK OR
INSTAGRAM NOW
TO SECURE A
SPOT.**



Three Sons Fitness