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| |  | | --- | | Photo of a female runner stretching on the ground, on an outdoor track, with sole of shoe in foreground  http://static1.squarespace.com/static/52a9d9fde4b08568b8fa1d54/52a9e0b1e4b0e7a8c442f417/566a61ebb204d5b5326a1b9e/1449903627466/?format=500whttp://corepersonalfitnesstrainer.com/_borders/fitness-training-weights.jpg | | bryan stovall  acsm pt ATHLETIC TRAINING Looking to improve your athletic performance and break through your plateaus? My sport specific approach will help any athlete to achieve any personal or athletic goal. Each program is individualized to help athletes perform better in their particular sport. Workouts include strength training using multi-muscle movements, plyometrics, cardiovascular and agility movements, and core strength exercises. Give yourself the best chance for success on game day by outworking your competition! | |  | |  | |  | | --- | | all programs are tailored toward individual goalstrain for the upcoming high school or collegiate seasonimprove your: power, speed, agility, endurance, flexibility, mobility, balance, and overall athletic performance | |  | | bryan stovall PERSONAL TRAINER (PT) American College of Sports Medicine (ACSM) Certified  **bmstovallacsmpt@gmail.com**  Contact to schedule an appointment and to find out about rates! | |