



Nutrition. Speed. Strength. Ninjas.

www.contemporaryathlete.com

Training Options

1 CA JumpStart

Get moving towards your goals with this highly effective 30 day training plan. This program is designed to kick things into high gear delivering incredible results.

2 14 Day Fast Track

Start moving towards your goals with our 14 day personalized performance plan. This program is designed to prep you for our Sports Performance format which is geared toward your specific goals yet won't break the bank, and gives

3 CA Primary

Our main strength and conditioning program designed to make you stronger, go farther, and last longer, while looking and feeling better. Primary covers all major movement patterns while utilizing a variety of training tools and methods. Sessions are approximately 60 minutes, with an optional, additional 20-30 minutes of training to help you see even greater results.

4 CA Sports Performance

Athletes receive a personalized goals specific program based on your needs. Performance allows for tracking of specific training metrics, a more flexible training schedule, and nutritional support. For when you want greater grow support, Sports Performance always includes unlimited access to CA Primary.

2019 Training Rates

FREE! That's right. No cost for 30 days, when you commit to 3 months after your program ends.

\$87 for your first 2 weeks

Unlimited Sessions **\$195/Month**

6-month Commitment **\$147/Month**

Families of 3 or more **\$395/Month**

Unlimited Sessions **\$295/Month**