

Training Programs tailored for different populations:

Young Athletes

Teenager Athletes

Senior People

Pregnant People

Competitive Athletes (triathletes, multi-disciplinary sports)

Adult People (Sedentary, Intermediate and Active Lifestyles)

Fitness enthusiasts

Training levels:

Level 1) Stabilization

Level 2) Strength

Level 3) Power (Plyometric)

Phases of training:

- 1) Develop Stabilization Endurance
- 2) Develop Strength Endurance
- 3) Develop Hypertrophy
- 4) Develop Maximal Strength
- 5) Develop Power