

PERSONALIZED ATHLETIC TRAINING

WANT TO ACHIEVE YOUR ATHLETIC GOALS OR ARE YOU JUST LOOKING TO BE IN BETTER SHAPE? STOP WASTING TIME WITH PERSONAL TRAINERS WHO PUT ALL THEIR CLIENTS THROUGH THE SAME ROUTINE. WITH PERSONALIZED INSTRUCTION FROM LONE STAR STRENGTH, YOU CAN BE TRAINED BY AN EXPERIENCED COACH IN A HIGHLY-MOTIVATED ENVIRONMENT.

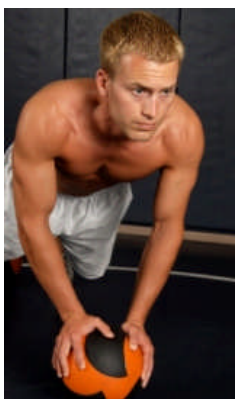


THE TRAINER: CURT ST. ROMAIN

- 13 YEARS COMPETITIVE POWERLIFTING EXPERIENCE
- 8 YEARS COACHING EXPERIENCE THAT INCLUDES POWERLIFTING, FOOTBALL, BASKETBALL, TRACK, SOCCER, WRESTLING, AND VOLLEYBALL.
- USA WEIGHTLIFTING CERTIFIED COACH
- ISSA CERTIFIED TRAINER
- ASST. HEAD COACH OF TEAM USA AT THE POWERLIFTING JUNIOR WORLDS IN SOUTH AFRICA 2008 AND BRAZIL 2009

TRAINING SESSIONS: WHAT YOU'LL RECEIVE

- A PROGRAM DEVELOPED SPECIFICALLY FOR YOUR SPORT OR PERFORMANCE GOAL.
- INSTRUCTION IN PROPER EXERCISE TECHNIQUE
- ADVICE ABOUT PROPER DIET AND DRUG-FREE SUPPLEMENTATION
- UNDERSTANDING OF TRAINING PROGRAMS AND HOW TO ORGANIZE THEM
- TRAINING SESSIONS CAN BE RECORDED AND PLACED ONLINE FOR VIEWING



TRAINING FACILITY:

- INSTRUCTION WILL TAKE PLACE AT AMERICAN INDOOR SPORTS FACILITY.
- LOCATED AT 1400 W. HEBRON PKWY IN CARROLLTON, TX
- EASILY ACCESSIBLE FROM HWY 121, THE FACILITY IS WITHIN 30 MINUTES OF MUCH OF THE DALLAS AREA.
- FACILITY CONTAINS AN INDOOR SOCCER FIELD THAT'S PERFECT FOR PLYOMETRIC AND SPEED TRAINING DRILLS.
- ALSO CONTAINS A WEIGHT ROOM WITH ALL EQUIPMENT NECESSARY TO PUT YOU THROUGH EFFECTIVE TRAINING SESSIONS.

TRAINING SESSIONS AND HOURS:

- **TRAINING HOURS ARE:
WEEKDAYS 5 AM TO MIDNIGHT
WEEKENDS 7 AM TO 10 PM**
- **SESSIONS ARE 1 HR, AND 2 HRS WITH UP TO 5 SESSIONS PER WEEK.**
- **GROUP TRAINING WITH MULTIPLE ATHLETES IS AVAILABLE.**
- **ATHLETES AGES 7 AND UP ARE WELCOME**
- **ALL TYPES OF ATHLETES IN ALL TYPES OF SPORTS CAN REACH THEIR GOALS THROUGH OUR TRAINING PROGRAMS.**



PRICING: PRICE PER ATHLETE

# OF ATHLETES	1 HR	5 SESSIONS	10 SESSIONS	2 HRS	5 SESSIONS	10 SESSIONS
1	\$50	\$230	\$450	\$90	\$430	\$850
2	\$45	\$210	\$400	\$80	\$380	\$730
3	\$40	\$190	\$350	\$70	\$330	\$610
4 OR MORE	\$35	\$170	\$300	\$60	\$280	\$490

*****AFTER THE 1ST SESSION, \$20 MONTHLY GYM MEMBERSHIPS WILL BE REQUIRED*****

IF YOU HAVE QUESTIONS OR WOULD LIKE TO SIGN UP, CONTACT US 24/7!!!

CURT ST. ROMAIN

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