



## The **BEST** Sports Performance Training Program for Athletes

**TrainUp™** is the first and only, sport-specific training program for athletes who want to improve their athletic development and sports performance, and get ahead of the competition! **TrainUp™** empowers athletes with an affordable, easy to use performance training solution for all your training and testing needs.

### How it Works:

- Your GoSports **TrainUp™** workout program includes: (1) Online Athlete Locker for players and parents to access the workouts; (2) Online Instructional Video Library of every exercise and drill; (3) Media Player for watching exercise videos; (4) Detailed Print Feature for printing your workout manual; (5) Compact Print Feature for printing your daily workouts; (6) **TrainUp™** Athlete Guide; and (7) FREE technical support.
- Every **TrainUp™** program includes Strength and Power Exercises as well as Speed, Agility and Movement Drills. **TrainUp™** includes exercises and drills to effectively improve your athletic development and to maximize your athletic performance! (Ancillary programs available for specialized needs including Shoulder Programs, Hip Mobility Programs, Dynamic Warm Up Programs, Regeneration Programs, etc.).
- **TrainUp™** is a CUSTOMIZED program that is designed using your unique athletic variables (age, training experience, sport, facilities and equipment resources, number of training days per week, time duration of each session, etc.). Over 20+ customized variables go into developing YOUR customized **TrainUp™** sport-specific training program.
- All **TrainUp™** programs are designed using the latest scientific research and training methodologies, combined with “in the field” experience of leading strength and conditioning experts in the field.
- **TrainUp™** programs are ANNUAL Training programs that are periodized based on your sport season (Preseason, In-season, Offseason and Summer training periods).



### Benefits to Athletes:

- **TrainUp™** gives you the opportunity to train like the PROS at an affordable price! There is no need to spend thousands of dollars just to train in a big facility. **TrainUp™** lets you train like the pros for less than \$20 per month. **TrainUp™** is the **simple, affordable** solution to take your performance to the next level.
- Great athletes “physically peak” at the right time in their season. **TrainUp™** programs are periodized ANNUALLY; meaning that the difficulty of the exercises/drills, the number of sets/repetitions, etc. will vary based on the time of year. Your **TrainUp™** program is designed using YOUR sport season, so you will be challenged to improve your athletic performance in every workout. You can be confident that you will peak during the championship game.
- Athletes of all ages can benefit from effective Strength and Conditioning/Performance Training. **TrainUp™** programs are designed to improve athletic development, to enhance sports performance and to reduce the probability of injury by integrating elements of strength, power, movement, agility, speed, core stabilization and flexibility into every workout.
- Effective Strength and Conditioning programs are not “**ONE SIZE FITS ALL**”. Your **TrainUp™** program is customized and designed specifically for YOU and YOUR sport.
- Your **TrainUp™** program is EASY TO USE. We have done all the work for you! Simply access your **TrainUp™** workouts online, watch the instructional videos of the exercises and drills, print off your daily workout and GO TRAIN! Have questions about your workout? You have **FREE** customer support, so simply call us or email us and we will help you.