

# STRONG IS A CHOICE

A group of men in a gym huddled together with hands in the center. The men are wearing various athletic wear, including t-shirts and caps. The background is a dark blue gradient with the text 'STRONG IS A CHOICE' overlaid in white. The text is in a bold, sans-serif font. The background image shows a group of men in a gym, huddled together with their hands in the center, suggesting a team or group of people working together. The men are wearing various athletic wear, including t-shirts and caps. The background is a dark blue gradient with the text 'STRONG IS A CHOICE' overlaid in white. The text is in a bold, sans-serif font.

*Semi-Private Coaching*

# ATHLETIC MINDSET

## PLAY

Explore and expand yourself with unstructured, engaging activity with full enjoyment. Includes challenges, games, interactive and discovery.

## PURPOSE

Combine your AQ Profile with clearly defined motivation and goals. Reach and surpass milestones you set for achievement.

## PERFORMANCE

Focus on task and execution of skill, with continual improvement and technical competence driving growing confidence.

## DISCIPLINE

Train your mind to overcome distraction and apply a stoic sense of focus, wisdom and temperance to empowering yourself.

# ***ATHLETIC QUOTIENT***

- Components of Athleticism
- Know your AQ
- Create the right training strategy

***ASSESS YOUR CURRENT POTENTIAL,  
CAPABILITY & EXPRESSION OF ATHLETICISM***



**W PRO READY**  
**U ROOKIE**  
**E GIFTED**  
**O WORKAHOLIC**  
**R ALPHA**  
**R CONSERVATIVE**  
**Q SHOWTIME**  
**A UNDERDOG**

STR

# SPC CLASS



AQ FLOW



MOBILITY &  
STABILITY



AQ 101



STRENGTH &  
POWER



KB WORKSHOP



METABOLIC  
CONDITIONING



SPEED &  
AGILITY



YOUTH  
ATHLETIC  
(AGE 12-16)



YOUTH  
ATHLETIC  
(AGE 8-12)



OLYMPIC  
WEIGHTLIFTING  
TECHNIQUE

55 MINUTE CLASS

12 PERSON MAX

*\*ALWAYS DEVELOPING SKILLS*

*\*ALWAYS INCREASING CAPABILITIES*

*\*ALWAYS PERSONALIZED COACHING*



# ***Why Semi-Private Coaching?***

## ***Coaching :***

Follow progressive training plans that are purpose driven. More than a Workout.

## ***Connection :***

With your coaches and your fellow athletes. Be part of a strong community.

**PERSONAL COACHING + TRAINING AS A TEAM  
= HIGH ATTENTION & HIGH MOTIVATION**



# AQ FLOW

*Signature Class*



AQ Flow includes all the components of Athleticism in one concise session. AQ Flow is the foundation class of athletic development for most athletes.

**Mobility Warmups**  
**Speed Development**  
**Strength & Power**  
**ESD/ MetCon**

# MOBILITY & STABILITY



**MOBILITY &  
STABILITY**

Be strong in all body positions with control & resilience.  
Active recovery in your training strategy. It completes  
your program with this foundational stability strength.

**Explore new range**

**Gain new strength**

**Be strong and mobile**

**Learning how to own your movements with  
different tools and methods**



# STRENGTH / POWER



**STRENGTH &  
POWER**

Get Stronger and perform better through progressive overload principle and proper periodization programs,  
Train movements, not muscles.

## Quality over Quantity

**Positions**

**Patterns**

**Power**

## Strength Innovation

**Velocity Based Training**

**Excentric Flywheel**

**Interactive Training App**





# ***SPEED & AGILITY***

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**SPEED &  
AGILITY**

Speed is a highly technical skill. We will teach you how to be explosive and agile step by step through technical drills, practice and games.

**Absolute Speed (Max Velocity)**

**Acceleration**

**Multi-Direction (COD)**

**Quickness**

**Reaction Time**

**Speed Games**

**Explosiveness**

**First Step**



# METCON



## METABOLIC CONDITIONING

Develop your energy systems (aerobic/ anaerobic) and strength/speed endurance through circuit training, intervals and intensity games. Each session includes a learning element to build athletic skill-sets.

**Athletic Conditioning**  
**Cardio Resistance**  
**Circuits & Intervals**



# ***LEADING INNOVATION***

We believe in continual improvement and are committed to constant upgrades of our service. Here are some of the innovative and industry leading methods and tools we are using as part of our SPC program:

**Athletic Quotient System**  
**Exxentric Flywheel Training**  
**Velocity Based Training**  
**App Pushed Program / Tracking**  
**Online Learning Portal**

**Inertia Wave**  
**Hydrocore**  
**Shena/ Indian Clubs**  
**Video Analysis**  
**Angles90**





# TIMETABLE

MON	TUE	WED	THUR	FRI	SAT	SUN
12:30 13:30	12:30 13:30	12:30 13:30	12:30 13:30	12:30 13:30	10:00 11:00	10:00 11:00
13:00 14:00	13:00 14:00	13:00 14:00	13:00 14:00	13:00 14:00	11:00 12:00	11:00 12:00
17:00 18:30	17:00 18:00	17:00 18:30	17:00 18:00	17:00 18:30	12:00 13:00	12:00 13:00
19:00 20:00	17:00 18:30	19:00 20:00	17:00 18:30	19:00 20:00	12:00 13:00	13:00 15:00 AQ PROFILE TEST
19:30 20:30	19:00 20:00	19:30 20:30	19:00 20:00	19:30 20:30	12:00 13:30	
20:00 21:00	19:30 20:30	20:00 21:00	19:30 20:30		17:30 19:00	
	20:00 21:00		20:00 21:00			



AQ FLOW



MOBILITY & STABILITY



STRENGTH & POWER



METABOLIC CONDITIONING



SPEED & AGILITY



YOUTH ATHLETIC (AGE 12-16)



YOUTH ATHLETIC (AGE 8-12)

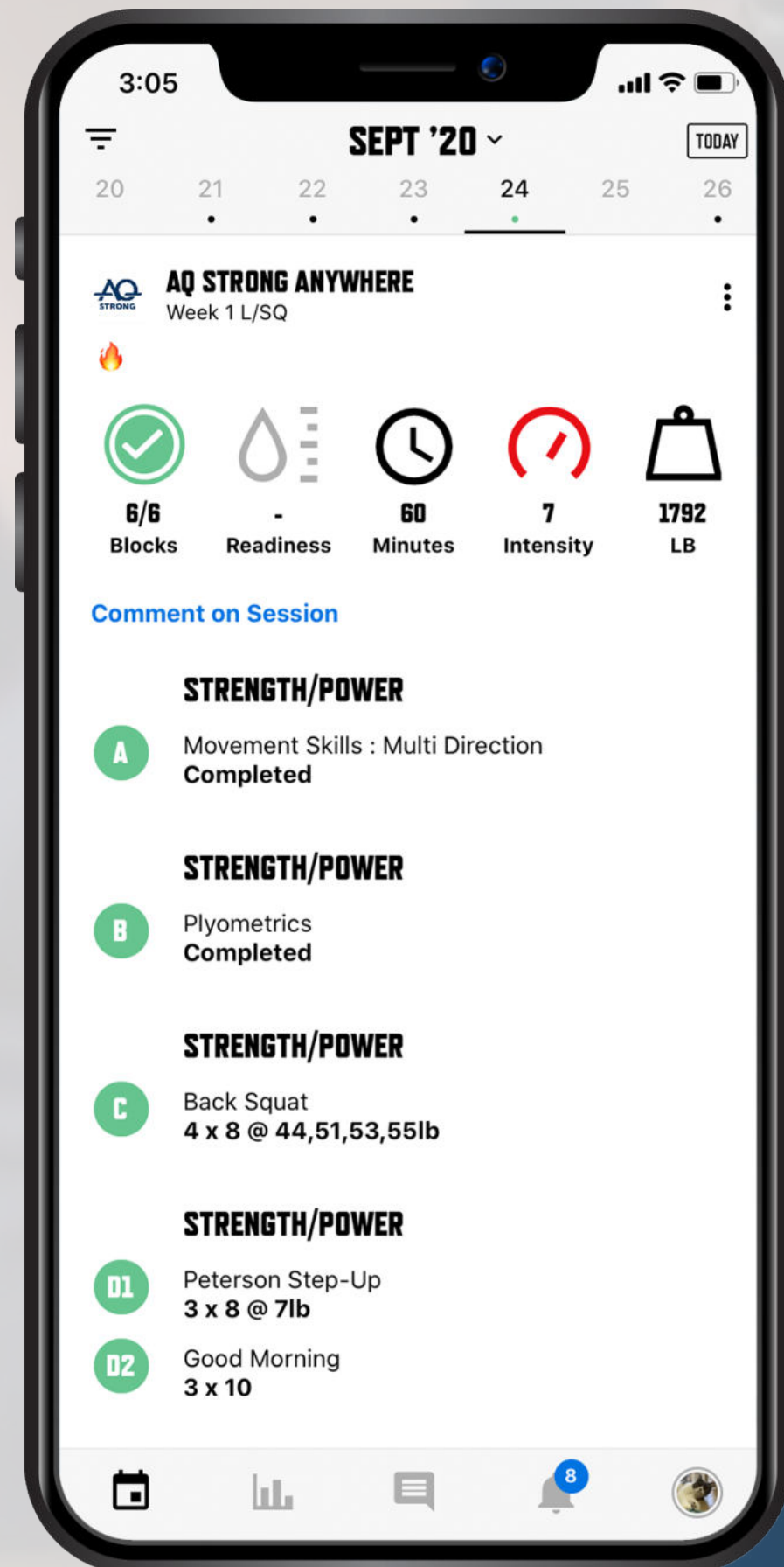


OLYMPIC WEIGHTLIFTING TECHNIQUE

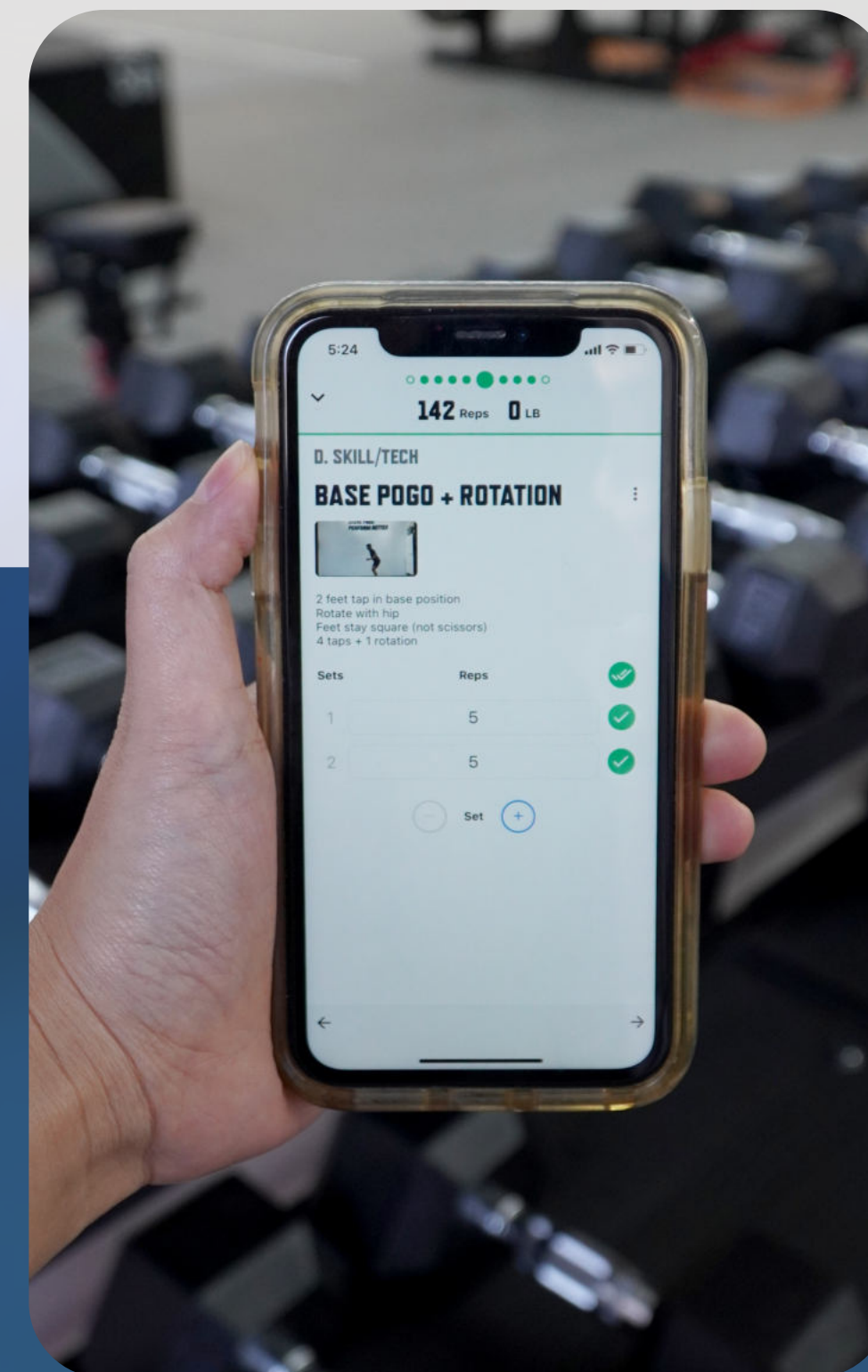


# AQ STRONG ANYWHERE

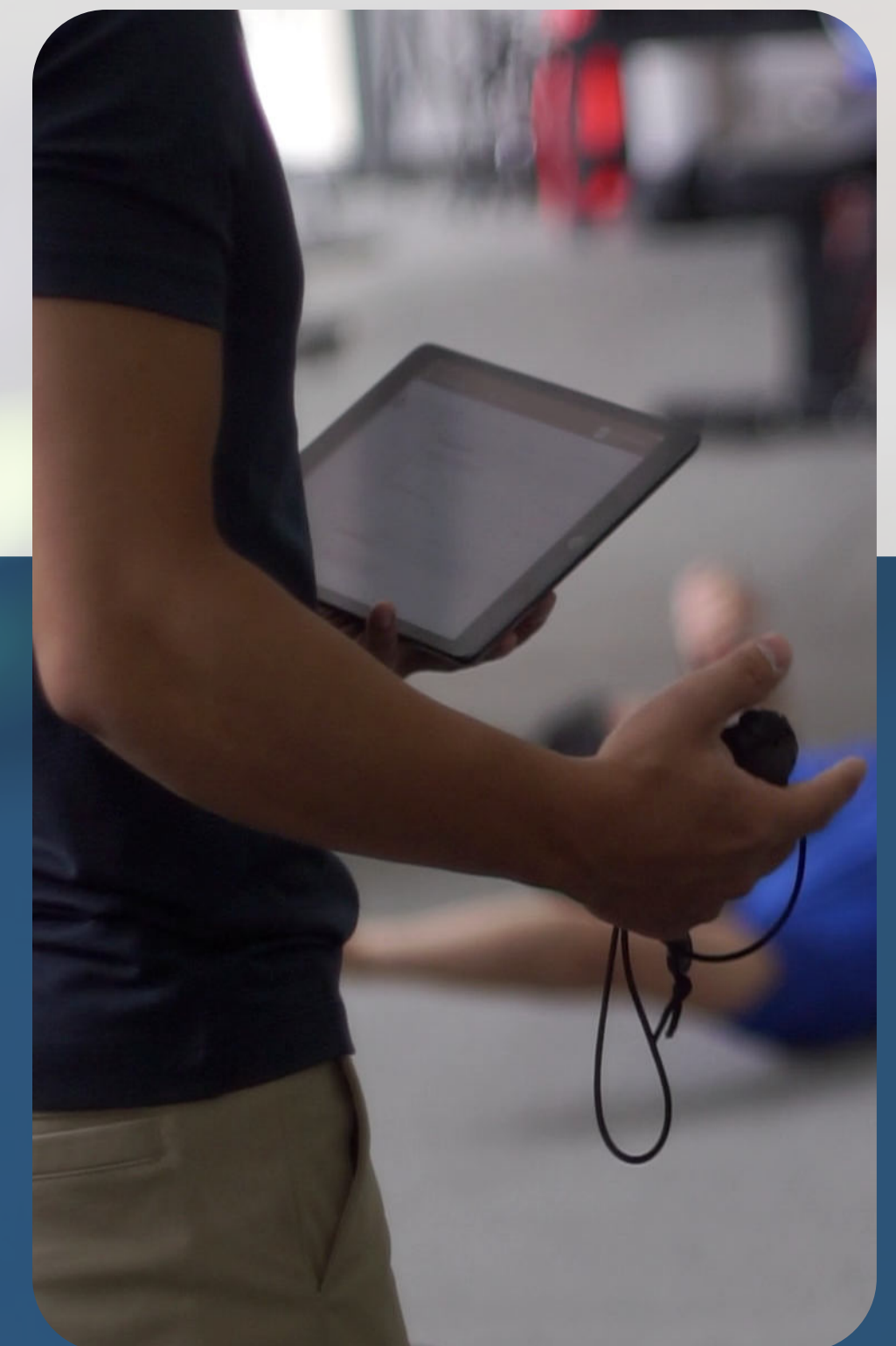
Say Bye, Bye to boring PDFs, and Hello to a super-powered, modern training experience.



Daily Training Readiness Score



Effortless Progress Tracking



More Personalized Coaching