

GA // GROUNDED ATHLETE

AGENDA



A PROFESSIONAL SPORTS PERFORMANCE TEAM UNITED TO FOSTER GROWTH

SATURDAY NOV 4, 2023

- 9:00-9:15 >>> INTRODUCTION
- 9:15-9:45 >>> S-1: MOVEMENT | STRESS | SCREEN
- 9:45-10:30 >>> S-2: PREP + LAB
- 10:30-11:25 >>> S-3: ADVANCED CORE + LAB
- 11:25-12:20 >>> S-4: STRENGTH/POWER + LAB
- 12:20-1:20 — LUNCH (NOT PROVIDED)
- 1:20-2:15 >>> S-5: SUPPLEMENTAL + LAB
- 2:15-3:30 >>> S-6/7: AGILITY | SPEED | PLYO + LAB
- 3:30-4:00 >>> S-8: PROGRAM PROCESS
- 4:00-5:00 >>> GROUP PROGRAM CREATION
- 5:00-5:30 >>> REVIEW | Q&A

REGISTER →
LIMIT 25



+ INFO: 

PMR-PERFORMANCE.COM