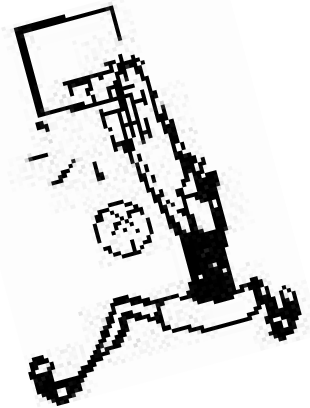


# VERTIMAX

**VERTIMAX** is a program developed to improve your explosive performance. At ECBA we teach athletes the skills they need to be competitors on the court.

**VERTIMAX TRAINING** will teach athletes strength, speed and power to match those skills. With use of the VertiMax platform and resistive bands each athlete will train to develop, speed, agility, core strength and explosive multi directional movement.



Join **VERTIMAX TRAINING** and gain the competitive edge to get to the next level. Be the explosive player and elevate your game today!



## Packages:

\*\*all sessions are about an hour long and packages are based on a monthly commitment

<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>
12 sessions	8 sessions	4 sessions
<b>\$215</b>	<b>\$175</b>	<b>\$120</b>



Contact Coach LJ to learn more.  
By appointment only  
206-832-9785

[l.j.johnson22@hotmail.com](mailto:l.j.johnson22@hotmail.com)

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