

3<sup>rd</sup>  
GenFit

# TRAIN FOR SPORT PERFORMANCE

*with Carl Steen III, NFPT Certified and Exos  
Sports Performance Trainer*

✓ Vertical Jump Mechanics

✓ Speed & Agility

✓ Force Absorption & Production

✓ Balance & Stability

✓ Injury Prevention

✓ Master Bodyweight

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