

## **Membership Information**

**Are you one of the FEW people who are willing to put in the HARD work to rise above the rest?**

**If so...**

**Bodywise Athletic Development**

**is the place for you.**

**Your Membership will get you into an elite group of Athletes that will Dominate the competition.**

**With Crazy Strength, Superior Conditioning, Explosive Speed and a Winning Attitude  
GUARANTEED!**

*If this sounds like it is for you, then keep reading. You may qualify for a **FREE** Trial.*



With more than 25 years of experience, in the trenches, of actually performing exercises, we know what works and what doesn't. Our results are not from taking a weekend course or memorizing information from a manual to take a test. They are from real world, under the bar experiences, Unlike most "coaches" or "certified Trainers".

Our special methods of training are geared toward developing

**Top Notch Athletes Hard Core Men and Women & Real Fitness Enthusiasts**

With the use of sleds, chains, stones, bands, tires, kettlebells, sandbags and more, these are some of the tools for achieving phenomenal results along with a great workout environment.

Our clients enjoy several different types of workouts ranging from Strongman, Bodybuilding, Powerlifting, Boxing & Cross Training.

***Since we are NOT a Commercial Gym, we are Selective on who we accept in our Training Program.***

*We are a Warehouse Gym with no fancy equipment, just the tools to create a Superior Athlete*

**This program is Not for everybody.**

**We have high expectations of our clients. Hard work, dedication, persistence**

**&**

**A Positive Attitude.**

So we want the small percentage that is interested in being the **BEST**.

We not only want to make you a **Dominate** Athlete but also develop great **character**, a winning **attitude** and tons of **confidence**.

These Characteristics will carry over into your every day life, making you a better student, a better worker and a better person overall.

***As a Member of the B.A.D Team, we help build Mind, Body & Soul***

Teaching our members valuable information about Nutrition and injury prevention is just as important. We NOT only develop *superior strength* and *conditioning* but teach Soft Tissue Mobilization, Joint Mobility,

Body Realignment, Ankle Stability & Dynamic Flexibility.

We also work on Mental Toughness and Mental Focus. We show you how to utilize Visualization Techniques to really **get the edge** on your competition. This is a **rare** technique that is usually only used at the professional level. These lessons will last a lifetime and will help live a healthier, happier, more successful lifestyle.

**But...We don't except everyone into our Tribe here at Bodywize Athletic Development.**

Not because we are mean but because we don't want to compromise the integrity of the atmosphere we are trying to create. We don't need the people who bring down the passion and intensity of our workouts in our facility.

With that said...if you think this is the program for you, Please **contact us** or **leave a comment** if you are interested in a **FREE Week Trial**

**Please** remember, **Bodywize Athletic Development** is not for everyone, nor is everybody excepted.

If you do not fit into our Tribe, you will be asked to leave.

*Thank You* for Considering Us.