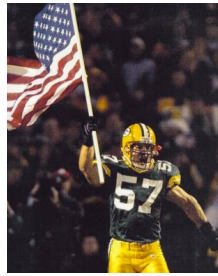


About ZoneReady Coaching and programming that integrates what really works in strength and conditioning, speed development, injury prevention, sports nutrition, and sports psychology. No fads, hype, fluff, or short cuts - Just performance solutions that work for all athletes, teams, and coaches. ZoneReady is for high performers who must be in the "zone" to stay healthy and achieve success.

CHOOSE VICTORY!



What you get

1. Fewer injuries
2. Increased athleticism
3. Consistent performance
4. High level habits
5. Passionate compliance

Coach Chris Gizzi brings experience and knowledge to ZoneReady's proactive approach to performance optimization training. As a former NFL player and graduate of the US Air Force Academy, Coach Gizzi is a seasoned athlete with the keen ability to conceive and execute successful training programs across a broad spectrum. Contact him at: ask@zoneready.net.

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Certified by



AVAILABLE SERVICES

On-Site Coaching

ZoneReady providing coaching to your staff and athletes right at your facility

- **Group Training Coach** to run your team and athletes through your goal and equipment specific training program for 90 minutes. 12 session package comes complete with months of training programs and is \$3600
- **Seminars** to educate multiple functional training applications to fit your specific needs (speed, flexibility, cardiovascular, strength, agility, recovery, etc.). One day is \$750, Two days are \$1350

Personalized Training Portal via the ZoneReady Website

On-Line interactive portal to provide sport and team specific programming and scheduling

- Broad overview of your year round training program
- Specialized for personnel, facility, and goals
- Upgradable and adjustable to fit your needs
- Password protected and personalized with your team logo and motto
- \$1000 for initiation and first month. \$199/month for 100 or less users; additional charges may apply for more users (4 month min). Contact ask@zoneready.net

Weightlifting Essentials

On-Line membership to downloadable training videos and programming to get the maximum results without the risk of injury.

- Essential weight training exercises for all athletes in all sports and endeavors
- Understand the benefits of a lift so that you can use them to achieve your goals
- Learn how to effectively and quickly set-up for each exercise
- Get the "How-To" from experts and certified professionals
- Basic package is \$29.99 for one year membership and includes 13 exercises.
- Advanced package is \$39.99/year and includes the Basic package content plus "On-the-Spot" corrections that every coach needs to keep training safe and effective
- Elite package includes 22 exercises and all the info to coach it effectively to individuals and large groups. \$49.99 gets your entire team a year's access

OUR CLIENTS



and 1,000s of amateur and high school teams, coaches and athletes!