



SCOTT ATHLETIC TRAINING
PREPARE. EXECUTE. RECOVER.

TRAINING OPTIONS

October – January

ELITE ACCESS

Elite Access is best for the athlete who would like to train consistently with one-on-one guidance.

Athlete Assessment

- Movement screen
- Girth measurements
- PUSH technology assessment
- Goal creation and setting

Individualized Program Creation

- Personalized strength and conditioning program
- One-on-one training/guidance
- Exercise prescription based on athlete assessment
- Coaching on proper technique
- Program modifications (as needed)

Nutritional Guidance

- Current diet assessment
- Diet recommendations

Access to Trainer via email/cell for questions

30-day duration

Recommended frequency
2x/week

60-minute sessions

\$300 per month

ADVANCED PROGRAM

The Advanced Program is best for the athlete who is looking for overall training guidance and where travel and/or time constraints may prohibit them from training in-person on a consistent basis.

Athlete Assessment

- Movement screen
- PUSH technology assessment
- Goal creation and setting

Individualized Workout Session

- Exercise prescription based on athlete assessment
- One-on-one training guidance
- Coaching on proper technique

Nutritional guidance

(available upon request)

- Current diet assessment
- Diet recommendations

Session program provided

60-minute sessions

\$60 per session

SOFT TISSUE MOBILIZATION

Soft tissue mobilization techniques are intended to help with pain, inflammation, and blood flowing within certain muscle groups.

Cupping Therapy

Graston Technique/Scraping

Dry Needling

\$40 per session

February – September

TRAINING OPTIONS

BLACK

REMOTE TRAINING

Once a baseline assessment has been completed, remote training options are available.

\$60 per month

Includes Scott Athletic Training
Gym Membership

\$40 per month

No Scott Athletic Training Gym
Membership included

SCOTT ATHLETIC TRAINING GYM MEMBERSHIP

Access to SAT gym with keyfob access.*

\$25 per month

*contact SAT for details

CONTACT US FOR INFORMATION ABOUT:

- 2/3 on 1 training options
- Weekly group conditioning classes
- Open gym hours

TRAINING OPTIONS

GOLD