



FASTER...SMARTER...STRONGER!
AEP Fitness Academy | Athletes Elite Performance

PREP ATHLETIC

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The **AEP** Prep Athletic program is designed to develop explosive strength, power, speed and agility using advanced sport performance techniques and dynamic athletic movements.

AEP PERFORMANCE TRAINING IS A GLANCE OF THE COLLEGIATE LEVEL ROUTINES.

PERSONAL DEVELOPMENT

- Positive Character Development
- Living a Healthy Lifestyle

ATHLETIC DEVELOPMENT

- Adv. Linear Acceleration Speed Training
- Adv. Lateral Speed Dynamics
- Sport-Specific Strength Training
- Adv. Joint Stability and Mobility Training
- Adv. Sports Specific Movements
- Plyometric Training
- Adv. Flexibility Training
- Adv. Injury Prevention Training



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AEP Fitness Academy | Athletes Elite Performance
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