Welcome to Missing Element Sports Performance & Fitness

"Hello and thank you for showing interest in our 6 weeks Speed Development Bootcamp."

- Missing ElementsSports Staff

During our 6 weeks of training, participants will be coached, guided, and challenged through 18 sessions of a highly detailed regiment that will improve their *mechanics I.Q., force output, acceleration, top end speed, and speed endurance*. We will compress five months of training into a 6 week accelerated learning and development program, so the athlete's experience results faster than what's considered ordinary. On day one of training each athlete will be taken through a series of tests to document their current speed, power, and strength, so we can track their progress and give real time feedback to each individual athlete.
SPOTS ARE LIMITED!!! SECURE YOURS TODAY!!!

Cost: $240
Start Date:

What's Included:

- 6 Week of training
- 18 one hour sessions
- 8 Weeks access to our online speed development community.
- Discount Skill Specific Add-on training (Held on Saturday's)

Speed Development Sessions:

- Choose 3 Sessions per week
- Mon, Tues, Thurs, Fri @6pm-7pm
- Saturday sessions will be determined (TBA).
- Add-on Sessions are available($25 Extra)

PAY HERE
GET YOUR TICKETS
CLICK HERE!!