



FISCHER INSTITUTE

PERFORMANCE TRAINING FOR

HIGH SCHOOL AND COLLEGE SPORTS

The INSTITUTE offers sport-specific and age-appropriate strength and speed camps for College and High School athletes. Our mission is to provide athletes with comprehensive training and preparation that dramatically improves power, balance, agility, flexibility, speed and functional, sport sport-specific strength.

We are a unique state-of-the-art conditioning and physical therapy center. It is internationally recognized as a top training center where athletes train functionally to enhance their performance.

Facilities include 3,000 square feet of indoor "Field Turf" surface and a 20,000 square foot strength and conditioning center. All athletes have access to NSF certified Muscle Milk supplements during workouts.



TUESDAY & THURSDAY GROUP:

4:00-5:00/5:15

- One day core & upper body emphasis. One day core & lower body emphasis.
- Small group training, cost is \$40 per day (individual one-on-one training is \$65 for the hour)

MONDAY, WEDNESDAY, & FRIDAY GROUP:

4:00-5:00/5:15

- Workouts vary between full body, upper body, and lower body emphasis
- Small group training, cost is \$40 per day (individual one-on-one training is \$65 for the hour)

For those that want to save money but want 4 days per week, they can purchase the Monday & Friday supplemental workouts to perform at their local gym using the PMR App. Cost for the supplemental workouts is \$20 per 2-week phase of training.

All sessions will be held at the FISCHER INSTITUTE

5750 South 32nd St Phoenix, AZ 85040

Contact Chip Gosewisch for more information! cgosewich@fischer-sports.com. Call 602-437-5055.