



**Tiger Coaching and Personal Training** announces exclusive Sports Specific Athletic performance enhancement coaching packages to the **First 50 individuals who respond** to this offer. We want to help you reach your sports conditioning goals with this comprehensive program. Each package will / may include:

- Athletic performance testing (pre and post).
- Personal one-on-one training with Tiger Coaching personal trainers.
- Personal Sports Specific Training programs with unlimited updates.
- Annual Video Analysis of Sport with personal copy on CD for your use.
- Unlimited email advice and informational materials.
- Massage Therapy
- Sports nutritional consultations and diet analysis for optimal performance.
- Monthly fitness "Tiger Tips" newsletter emailed to you.
- Tiger Coaching T-shirt, Training log book, and water bottle.

***Pick the Plan that fits your long term goals and SAVE:***

***Tiger Coaching – 6 months Program - \$1250:***

- Two (2) athletic performance testing sessions and printed results.
- Twenty (26) One-on-one training/coaching sessions.
- Sports Specific Training programs with two (2) updates emailed to you.
- Video Analysis of Sport with personal copy on CD for your use.
- Unlimited email advice and informational materials.
- Six (6) one hour massages.
- Three (3) Sports nutritional consultations.
- Monthly fitness "Tiger Tips" newsletter emailed to you.
- Tiger Coaching T-shirt and water bottle.

***Tiger Coaching – One year Program - \$2250:***

- Three (3) athletic performance testing sessions and printed results.
- Fifty (50) One-on-one training/coaching sessions.
- Sports Specific Training programs with six (6) updates emailed to you.
- Pre/post video analysis of sport with personal copy on CD for your use.
- Unlimited email advice and informational materials.
- Twelve (12) one hour massages.
- Five (5) Sports nutritional consultations.
- Complete diet analysis and recommended caloric diet program for optimal performance.
- Monthly fitness "Tiger tips" newsletter emailed to you.
- Tiger Coaching T-shirt, Training log book, and water bottle.

***Tiger Coaching – Three years Program - \$4250:***

- Five (5) athletic performance testing sessions and printed results.
- One hundred (112) One-on-one coaching sessions.
- Sports Specific Training programs with unlimited updates.
- Annual Video Analysis of Sport with personal copy on CD for your use.
- Unlimited email contact and informational materials.
- Thirty (36) one hour massages.
- Twelve (12) Nutritional consultations.
- Complete diet analysis and recommended Caloric diet program with updates every 6 months.
- Monthly fitness “Tiger Tips” newsletter emailed to you.
- Tiger Coaching T-shirt, Training log book, and water bottle.

Call today, stop by, or mail in your registration at the address below. We do accept credit cards and personal checks. Remember that this offer is for the first 50 individuals who sign up for any of the exclusive three programs offered above. Please fill out the enclosed information and set up a free personal one-on-one initial goal setting consultation with Gary Bredehoft of Tiger Coaching & Personal Training.

***Let Tiger Coaching take you to your athletic conditioning goals.***



Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Phone (W) \_\_\_\_\_ (H) \_\_\_\_\_

Male Female Fitness Level: Beginner Intermediate Experienced

Date of Birth \_\_\_\_\_ Fee \$ \_\_\_\_\_ (enclosed)

Credit Card # \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Type: Visa MC Amex

Fitness Goals: \_\_\_\_\_

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## **ATHLETIC CONDITIONING CONTRACT**

### **Tiger Coaching and Personal Training**

The purpose of this contract is to serve as a reminder of the commitment to a healthy lifestyle that you have made to yourself. You have made one of the best decisions of your life. **There are 5 things that you must commit to in order to achieve your goals quickly:**

1. A structured exercise program. The Proposed Athletic Performance program designed for you will be a "Minimum" program that you must commit to every week. By following this program we will achieve results. If you want to achieve results more quickly then you must follow the "Ideal" program. Consistency is the key to achieving results so weekly attendance and exercise is critical.
2. Daily stretching and core exercises. The program will include exercises that should be completed on a daily basis. These exercises will help to improve your range of motion and strengthen muscles that are traditionally weak. They will enable you to function better on a day-to-day basis and help to improve your athletic performance.
3. You must practice good nutrition. This includes drinking at least 8 glasses of water per day and replenishing fluids that were lost during workout sessions, eating a variety of fruits, vegetables and grain products, limiting the amount of fat and sugar in your diet, eating consistently throughout the day and not starving yourself. You will be given more specific information during the sports nutritional consultation and analysis provided to you.
4. You must be sure to get enough sleep. Sleep is recovery. If you do not sleep enough, you will not be prepared for each workout session and you will not function optimally.
5. You must follow the training schedule and advice of your conditioning coach to achieve optimal conditioning and athletic performance.

I promise to follow the above prescription to the best of my ability.

Date: \_\_\_\_\_ Signed \_\_\_\_\_

I, \_\_\_\_\_, your Conditioning Coach/Trainer, promise to guide, educate and motivate you toward your goals to the best of my ability.

Date: \_\_\_\_\_ Signed \_\_\_\_\_

**Gary L. Bredehoft, CSCS, CPT ACE**  
**Tiger Coaching & Personal Training**  
**2110 Winthrop Rd. Suite 100B**  
**Lincoln, NE 68502**  
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