



At Neuro Explosion we believe that the human body is continuously adapting to stress, both positive and negative. This requires an integrated system of constant awareness and a dynamic balance of nutrition, training, conditioning and recovery modalities. Many of the roots of our system are based on Eastern Bloc Training Methodology that will maximize human performance.

What to expect from Neuro Explosion:

- Training of the complete athlete – physiology, nutrition, environment, character, skill and recovery strategies.
- Train for the demands of your sport and position.
- Follow logical and appropriate progressions.
- Incorporate the Olympic Weightlifting movements.
- Maximize mobility on a sound stable structure.
- Learn to move effectively and efficiently.
- Train with intention at all times.

Services at Neuro Explosion:

Personal Training, Semi-Private Training, Team Training, Youth Fundamentals Training, Athlete Preparation Classes, BioSignature Body Fat Testing, Omegawave Analysis, Recovery Sessions. Students will be expected to observe all aspects of training as well new client assessment and evaluation.

Possible hours of work: MWF 6:30am -8:30am 4:45-8:30pm

Requirements: CPR First Aid Certified