



MISSILE TRAINING

Missile Training is built on the premise that proper form dictates a more consistent performance. Through specific protocols, Missile Training targets weaknesses in the athletes' movements that show up and restrict proper athletic performance. The design of Missile Training is to limit those compensations of the muscular skeletal system and train the athlete's body to endure higher levels of training. Missile Training added to any traditional sports training program is guaranteed to make an athlete stronger, more powerful, have increased velocity, an explosive first step quickness, greater lateral agility, and maximize balance and coordination.

QADRY ISMAIL
"Let me walk beside you."



www.thearenaclub.com

410-734-7300

2304 Churchville Rd, Bel Air | 410-734-7300 | www.thearenaclub.com

