

FIND THE RIGHT PROGRAM

SPORT PERFORMANCE TRAINING: INDIVIDUALS & GROUPS

Skill & Sport Specific Training is the best way to improve athletic ability and functional strength, regardless of sport or position of player.

SPORTS PERFORMANCE CONSULTING: TEAMS & COACHES

Sports Performance Consulting is a service for coaches that evaluates the effectiveness of their training programs. A more efficient training program means more time to focus on skill development instead of your workout program.

NON-ATHLETE PERSONAL FITNESS MANAGEMENT

Non-athletes and Weekend Warriors can get private training or consulting in regards to their health and fitness goals.

NON-ATHLETE GROUP FITNESS TRAINING

Learn how to properly lift weights in an intense total body group workout that will challenge your mind and body without the boredom of routine.

PRE-NATAL & POST-PARTUM WELLNESS PROGRAM

Expecting and New Mothers have the option of private or group fitness & education classes specifically designed to strengthen their minds and bodies in preparation for child birth and motherhood.

"If you want to be stronger and dominate your opponent, then you need to work with William. He's the best I've worked with in my coaching career."

Bill Worrell

D1, Hall of Fame Coach

TLTS Performance

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TLTS Performance



*Athletic
Performance
Consulting
& Training*

*"Where The Athletes of
Tomorrow Train TODAY!"*

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What is TLTS Performance?

Touching Lives Through Sports

ATHLETES & COACHES

TLTS PERFORMANCE aims to enhance performance and fitness from amateur to professional levels. TLTS equips coaches, teams, and individual athletes with sport specific programs and services to get them ready for off-season and in-season training, as well as competitions. Training sessions are intense and uniquely challenging as to push athletes to their mental and physical limits.

NON-ATHLETES & WEEKEND WARRIORS

TLTS PERFORMANCE can help you get in better shape and reach your health and fitness goals whether it is losing weight, gaining muscle, getting toned, or just being in better shape. You can get individual private training or workout in a private group session with your friends and family.

EXPECTING & NEW MOTHERS

TLTS PERFORMANCE & Upper Cumberland Doula Services have partnered together to provide fitness and birthing classes for women to better prepare their minds and bodies for one of the most rewarding and challenging experiences of their life: Child Birth & Motherhood

Sport Performance Training

Agility

Flexibility

Plyometrics

Overall Explosiveness

Rapid Speed Footwork

Precise Core Body Control

Lateral & Linear Quickness

Strength & Power Training

Precise Change of Direction

Muscular Endurance Training

Vertical Jump Training Program

Team Strength & Conditioning Workouts

Sports Specific Skill Development Programs

Motion Resistance Training with High Tension Bands

On-site Team and Group Clinics available

POSSIBLE BENEFITS OF TLTS PERFORMANCE SPORTS TRAINING

- Improved velocity of movement is a benefit of agility training.
- An athlete can gain 4 -12 inches on their vertical jump with plyometric training.
- An athlete will break more tackles or finish stronger at the hoop with our explosive functional strength training.
- An athlete will run a faster 40yd time or improve their shuttle with our proven speed training methods.
- TLTS will help take your game from GOOD to BETTER than the rest.

NON-ATHLETE FITNESS MANAGEMENT PROGRAMS

GROUP OR INDIVIDUALS

30 min, 45min or 60min Sessions

Boot Camps

ONLINE Personal Fitness Training

Private Fitness Birthday Parties

Private 1on1/Group Training

Pre-Natal & Post-Partum Wellness

Flexibility & Conditioning Workouts

Group or Corporate Fitness Training

ONLINE Weight Management and Nutrition

On-site Group or Corporate Fitness Clinics available

By Appointment Only

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