

Sports Performance Enhancement Training



Are you looking to take your game to the next level? CrossFit East Tucson is Arizona's top location for youth sports performance enhancement training.

Regardless of what sport you play, CrossFit East Tucson's elite staff of performance and strength coaches will design a specific training program to ensure our athletes excel in their sport and stay injury-free. All of our sports performance enhancement programs are run as a team for strong foundational support.

- **Self-myofascial release**
- **Corrective exercise**
- **Dynamic warm-up**
- **Linear and lateral speed development**
- **Power/explosive training**
- **Strength training**
- **Core training**
- **Metabolic conditioning**
- **Cool-down and stretching**



For more information about our youth/high school sports performance enhancement training, please contact Adrian Reyes at: (520) 619-1483 or adrianreyes.21@gmail.com

