

Private Training Program

Our Fall system will consist of ability based private training sessions. All workouts are booked by appointment ONLY.

3d Athletics will appropriately suggest a plan for each client on an individual basis.

Private Training

- 60 minute workouts with a team of highly qualified trainers
- \$75 per session
- 10 session package for \$650
- **Clients must book sessions online via link below**
 - <https://3dathleticstraining.com/pages/schedule>
- Contact Adam Luftig (*Director of Operations*) with any scheduling and pricing questions
- Adam_Luftig@3dAthleticsTraining.com
- Call/Text 516-343-0939

Advantages of Private Training

- ✓ Increased intensity in workouts
- ✓ Directly addresses the needs of the player
- ✓ Ability based workouts
- ✓ Diversified drills in each session
- ✓ 1:1 Player-Trainer ratio
- ✓ Fosters relationships between players and trainers
- ✓ Skill progressions built into each workout
- ✓ Natural transition into simulated game activities
- ✓ Among MANY more...