RESULTS SPORTS AND FITNESS ACADEMY

"Safe Aggressive Training Concepts"

Palos Verdes Pop Warner Summer Special!!!

Get Prepared for the **NEXT LEVEL!!! – TRAIN FOR RESULTS!!!**
It's time to start now!!!
Open to all PV Pop Warner Football and Cheer
Learn About **SPARQ** Training
Speed, Power, Agility, Reaction and Quickness
Train to **ENHANCE** performance and **PREVENT** Injuries

Increase core strength, vertical jump, coordination, balance, dynamic flexibility, power-out put, agility, and quickness.

Decrease your 40-yard dash time, 20-yard shuttle, reaction time, body fat, and drastically reduce the probability of injuries.

Group Training:
Monday-Friday: 4:30-8pm
Saturday: 9am-12Noon
Sunday: SPARQ Training Camp: 10am @ Pen High
Yoga for Athletes:
Tuesday: 8pm
Saturday: 8am

I'm also available for Private, Semi-Private, and Team Training

Kevin Criss
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FOLLOW US!!!

instagram.com/coachcriss

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