

# Jump higher, hit harder, and impress coaches!!

- Increase vertical jump
- Improve strength
- Prevent risk of injury
- Increase agility, quickness,  
& athleticism
- Develop first step  
explosion & reaction
- BUILD CONFIDENCE!!!



## FAST Volleyball-Specific Workouts



**FREE**  
Trial Workout  
and  
Assessment

**FAST** is the leading athlete's performance facility in the Northwest Chicagoland area.

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*The change in Brittany's physical endurance is over the top since joining Flahive's! Increased her vertical, speed, hitting and strength. She has become such a strong athlete! Flahive's has made her excel tremendously in club volleyball, and she is very confident on the court. They are preparing her for the college level, and she is ready to play! – Kim Welch (mother of Brittany Welch)*

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*I can't tell you how great I feel going into this season all because of you guys. You pushed me so hard and you guys coached me to have great technique and skill...I've never had that before! I know all that will translate directly to the court this year. You all created an awesome atmosphere that made me want to do and be better everyday. I feel faster, stronger, and way more confident in everything when I'm playing. You guys are amazing – thank you for everything!!*

– Nora Q (Division 1 Volleyball Player)

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**Schedule your  
free trial workout NOW!!**  
Email [info@flahivetraining.com](mailto:info@flahivetraining.com)

To find out more  
about our programs visit  
**[flahivetraining.com](http://flahivetraining.com)**

