



## Team Consulting Benefits

- 1) Practice Program Design
  - a. Warm-Up, EDD's for outfield/infield, mobility, whatever team needs
  - b. Video demo of all drills/exercises
- 2) Free phone/text consultation for injuries, sprains, etc. along with treatment methods
- 3) Video analysis (if needed) of athletes
- 4) Private in-person/online training/therapy discounts (\$10 off)
- 5) Discounts Acumobility Foam Roller/Mobility Tools and Myosource.com training tools (5 or more)

\*\*Benefits are included for In-Person sessions as well