



Are You An Athlete or A Player?

Athletes train physically and mentally to improve their athletic ability.

Players assume that because they can play their sport they're in shape.

Athletes aren't satisfied with the status quo and constantly seek to improve by challenging themselves.

Players are happy with their current level of competitiveness and rarely step outside of their comfort zone.

Athletes:

- ✓ Are Strong
- ✓ Have or work to improve Speed, Agility and Quickness (SAQ)
- ✓ Have Balance
- ✓ Are Powerful
- ✓ Understand that to improve their sports performance, and to reduce their risk of injury, they must TRAIN!

LEC Fitness, LLC trains athletes!