

These uncertain times give athletes with an ELITE MINDSET the opportunity to get creative & press on in the face of a formidable excuse.

Virtual Training Offerings	Description	Equipment Needed	Solution
GROUP SESSIONS			
2-Way LIVE Video Group Coaching			
ZOOM sessions programmed & coached live by Director of Performance, Jordan Bledsoe & our staff of certified professional coaches, from our home studios.		Laptop or Tablet with internet access	How can we help you take advantage of these great tools while you are stuck at home?
 Body-Weight Virtual Training Session	Small group training sessions prepared using the same Velocity Group Performance Continuum (VGPC) we follow in the facility. Providing live coaching, progression/ regression & science based movement/ strength training with limited to no space & equipment	Body width space in all directions (2) Towels or painters tape for reference lines (1) chair that can hold your body weight	Athletes can execute these session from any space in their homes. Bedrooms, basements, living rooms or outdoor spaces spaces
 Dumbbell Virtual Training Session	Small group training sessions prepared for athletes who we know have access to static resistance in the form of a dumbbell, kettlebell or single weighted plate. Following the VGPC, this session will challenge athletes in our 3 movement phases, 3 strength filters & 3 planes of human movement.	Body width space in all directions (1) Dumbbell, Kettle Bell or Plate that can be pressed overhead (1) Chair that can hold your body weight	we are lending out all of our weight equipment at no cost to members in order to execute these virtual training options. Call/ TXT/ Email to arrange a pickup/ delivery.
 Resistance Band Virtual Training Session	Small group training sessions prepared for athletes who have purchased the FLEXVIT multi-band / mini-band combo or have equivalent resistance tubing/ mini-bands.	(1) FLEXVIT Multi-band (1) FLEXVIT Mini-Band Body width space in all directions	PeakLabs has provided us with a small inventory of bands that can be picked up at the facility -or- you can order them HERE.
 Regen. & Recovery Virtual Training Session	:30 minute small group session strictly focuses on the SMR Rolling, Active Stretching, Mobility Techniques & Recovery Protocols. Similar to the warmup & cooldown we do at the facility, these sessions aim to assist in recovery from training & keep our athletes fresh & healthy through this quarantine period.	SMR Ball/ Pipe/ Foam Roller/ or other hard ball/ tool Towel or Stretch Strap Body length space to sit/ lay down in.	we are prepared to lend out all of our recovery tools (balls, pipes & stretch straps) at no cost. Call/ TXT/ Email to arrange a pickup.
 Kid (4-8 y/o) Virtual Movement Session	We have noticed a lot of younger brothers & sisters, eager to move around with their older siblings & parents, but the advanced movements schemes & :60 minute sessions may be too much. So by popular demand, we have created a :30 minute time block for Kids 4-8 y/o to do an organized, professionally run foundational movement session from home!	(1) Laptop / Tablet (1) Towel (1+) Energetic Child	All young children are invited to join our Kids Class, intentionally placed in that late morning 'witching hour' after the morning routine is done, but before naps & quiet time. All are welcome - FRIENDS, NEIGHBORS, CLASSMATES, TEAMS, ETC.
TEAM SESSIONS			
2-Way LIVE Video TEAM Coaching			
ZOOM sessions programmed & coached live by Director of Performance, Jordan Bledsoe & our staff of certified professional coaches, from our home studios.		Laptop or Tablet with internet access	How can we help you take advantage of these great tools while you are stuck at home?
 Body-Weight Virtual TEAM Training	TEAM training sessions prepared using the same Velocity Group Performance Continuum (VGPC) we follow in the facility. Providing live coaching, progression/ regression & science based movement/ strength training with limited to no space & equipment.	Body width space in all directions (2) Towels or painters tape for reference lines (1) chair that can hold your body weight	Teams can continue to bond, work together & stay in-touch with teammates & coaches via a ZOOM workout led by VSP coaches. Athletes can execute these session from any space in their homes. Bedrooms, basements, living rooms or outdoor spaces.
PRIVATE SESSIONS			
2-Way LIVE Video PRIVATE Coaching			
ZOOM sessions programmed & coached live by Director of Performance, Jordan Bledsoe & our staff of certified professional coaches, from our home studios.		Laptop or Tablet with internet access	How can we help you take advantage of these great tools while you are stuck at home?
 Virtual Private Training Sessions	Virtual Private Sessions are prepared using the space and equipment you have access to in your home or on your property. Weights, Boxes, Treadmill, Med. Balls, Bands, Cable Machines, Hills, Yard space, driveway, etc. Anything you have access to, we can prepare a progression to continue coaching your gains!	Short video tour of your home gym space/ equipment & property. Laptop/ Tablet with internet capability. (1) chair that can hold your body weight	Even if you don't have equipment at home, we can lend you the tools you need to continue training at a high level, from home, with LIVE 2-way coaching.
SEMI-PRIVATE SESSIONS			
2-Way LIVE Video SEMI-PRIVATE Coaching			
ZOOM sessions programmed & coached live by Director of Performance, Jordan Bledsoe & our staff of certified professional coaches, from our home studios.		Laptop or Tablet with internet access	How can we help you take advantage of these great tools while you are stuck at home?
 Virtual Semi- Private Training Sessions	Virtual Semi-Private Sessions are a great way to get your small group of friends together for a training session prepared using the space and equipment you have access to in your home or on your property. Weights, Boxes, Treadmill, Med. Balls, Bands, Cable Machines, Hills, Yard space, driveway, etc. Anything you have access to, we can prepare a progression to continue coaching your gains!	Short video tour of your home(s) gym space/ equipment & property. Laptop/ Tablet with internet capability. (1) chair that can hold your body weight	Even if you don't have equipment at home, we can lend you the tools you need to continue training at a high level, from home, with LIVE 2-way coaching.