

**FASTEST.FIT**

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# **OFF-SEASON TRAINING**

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By David Prouhet

# WIN ON THE FIELD BY TRAINING OFF THE FIELD?

OFF-SEASON IS THE OPPORTUNITY FOR TEAMS TO  
PREPARE TO DOMINATE IN THE NEXT SEASON.  
FASTEST.FIT USES THIS UNIQUE TIME OF THE YEAR  
TO MAKE ATHLETES FASTER, STRONGER, AND  
BETTER.

WE GET ATHLETES TO TRAIN OFF-SEASON...  
AND WE HAVE PROOF!





**PLAN TO WIN**

**1, 2, 3**



# KEEP IT SIMPLE, COACH

- 1 - Plan =====> Quick Workouts
- 2 - Follow-up =====> Watch
- 3 - Reward =====> Dopamine Works



# 01

## DAILY PLAN

### > :30 MIN

Daily workout will be sent directly to you  
Effective workouts that are complete in 30  
minutes or less

Prompts to encourage accountability  
Workouts are adaptable to any fitness level

# 02

## CHECK-IN DAILY

Daily accountability checks  
Behavioral pattern tracking to maximize  
results





# 03

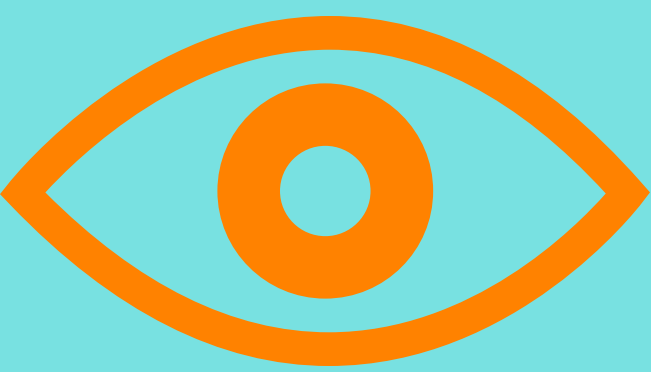
## REWARD

Performance feedback

Motivational quotes

Positive reinforcement

Consistent feedback in the form of: Streaks,  
Stats, and Report Cards



# A

## TEAM AND INDIVIDUAL STATS

Monitor performance  
Know who is performing well  
Know who needs improvement



# B

## SIMPLE DELIVERY

Daily, universal app text messages  
Amplified with interactive feedback

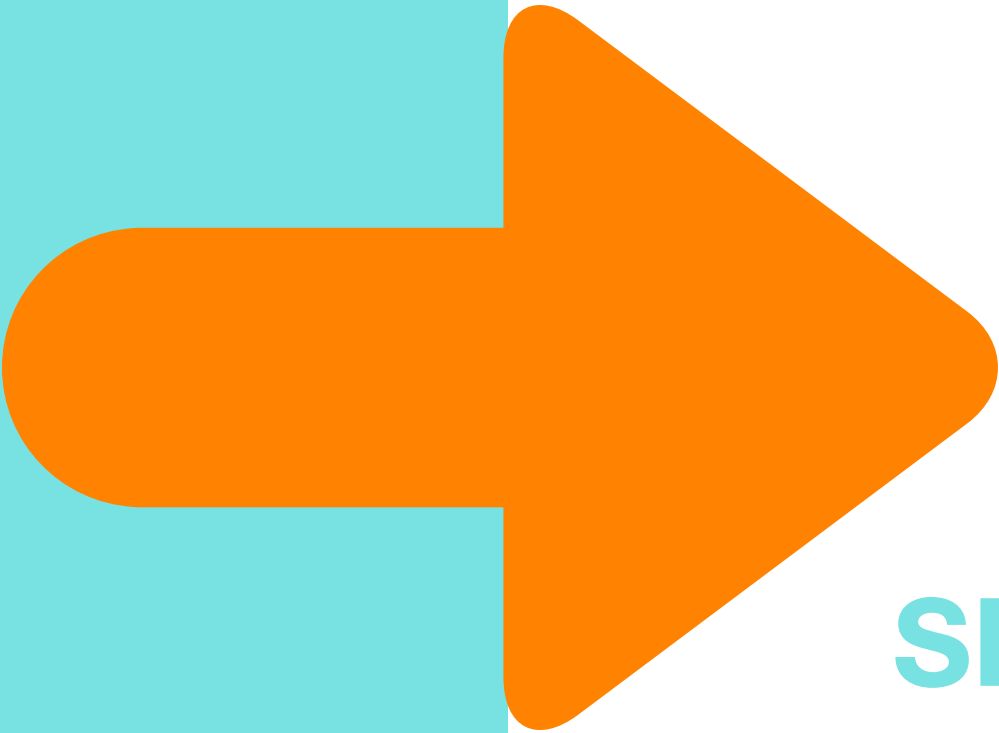




# OUTWORK THE PLAYER NEXT TO YOU.

Success ON the field is made OFF the field.

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# GO

## SEE IT IN ACTION

To try our LIVE DEMO  
text "Fastest" to 442-248-5248

# DO

## CUSTOMIZE YOUR PLAN

Roll with our out-of-the-box-plan  
Create your own team plan  
Make it uniquely yours





PLAN  
**A**

**PER PLAYER**

\$30/Month  
Individual Reporting

PLAN  
**B**

**TEAM BASED**

\$149/Month to 10 Players  
\$199/Month to 15 Players  
\$299/Month to 30 Players  
Team Branding  
Team & Individual Reporting  
Team Customized Workouts



**YOUR DAILY  
DEDICATION  
TODAY MEANS A  
WINNING TEAM  
TOMORROW**

Success ON the field is made OFF the field.

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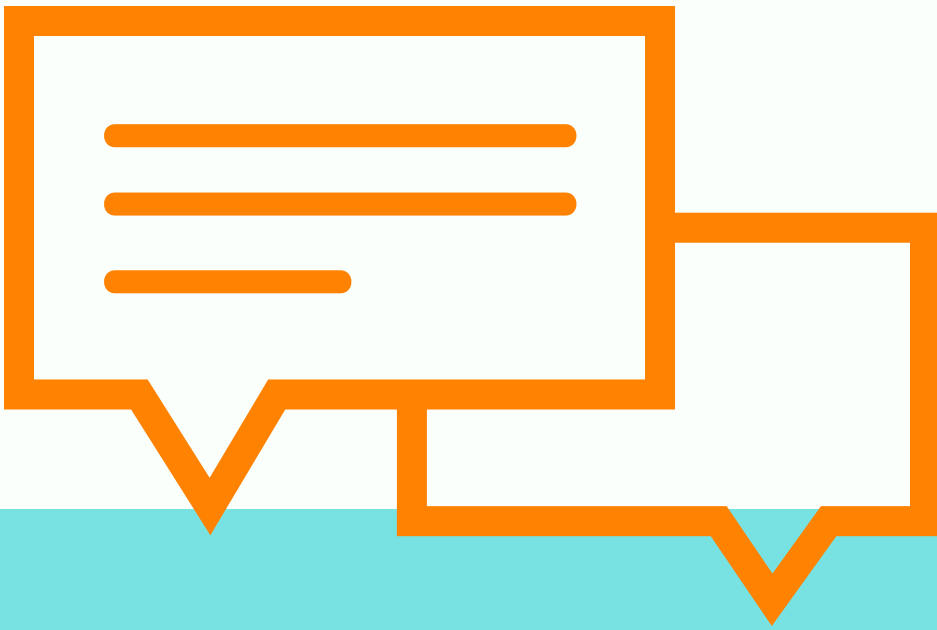
**FASTEST.FIT TO**



**WIN**

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**THANK YOU!**

**LET'S MAKE IT A GREAT DAY**

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