PUSHING PERFORMANCE



UNLOCK YOUR POTENTIAL

TAKE YOUR GAME TO THE NEXT LEVEL

We offer tailored strength & conditioning programs designed to enhance athletic performance.

- Improve plyometric ability, speed, agility, mobility, endurance, and strength
- Boost performance and increase selection opportunities
- Prevent injuries with targeted exercises
- Experience a safe, inclusive, and motivating training environment
- Develop lifelong friendships with like-minded individuals



PUSHING PERFORMANCE
www.pushingperformance.com.au

The Lights Community and Sports Centre,
Lightsview SA 5085
PH: 1300 000 FIT | @PUSHINGPERFORMANCE

SCAN FOR THE WEBSITE:

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COMMITMENT. CONSISTENCY. COMMUNITY.

PRICING & PACKAGES

Please contact us for more information about our offerings, or for us to recommend a personal plan for you.

INTERMEDIATE ATHLETE PACKAGE $55.95

- 1:1 PERSONAL TRAINING 30 MINUTES
- WEEKLY TAILORED STRENGTH AND CONDITIONING PROGRAMS
- OPEN ACCESS

ULTIMATE ATHLETE PACKAGE $75.95

- 1:1 PERSONAL TRAINING 45 MINUTES
- WEEKLY TAILORED STRENGTH AND CONDITIONING PROGRAMS
- EXCLUSIVE ACCESS AND DEALS WITH RECOVERY PARTNERS
- OPEN ACCESS

SMALL GROUP TRAINING (2-5 PPL)

30 MINUTES	$80.95
45 MINUTES	$100.95
60 MINUTES	$120.95

INCLUDES: WEEKLY TAILORED STRENGTH AND CONDITIONING PROGRAMS AND OPEN ACCESS TO THE GYM



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