



**Every Sport...  
Every Athlete...  
Every Level...**

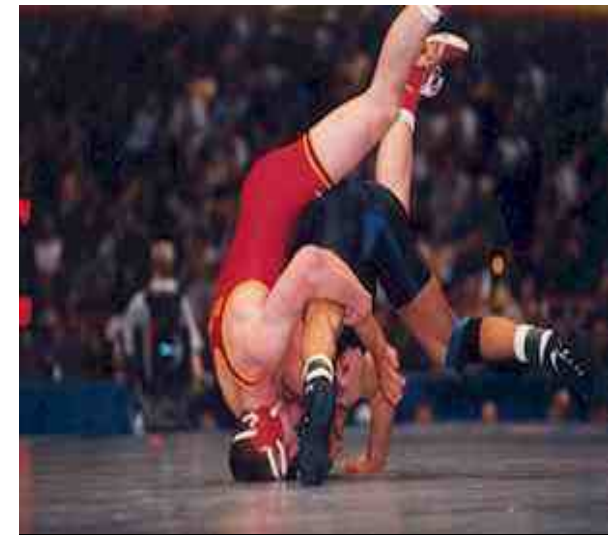
**Creating the World's  
Most Dangerous Athletes**

Football  
Soccer  
Baseball  
Softball  
Basketball  
Volleyball  
Golf  
Tennis  
Field Hockey  
Ice Hockey  
Figure Skating  
Speed Skating  
Ice Dancing  
Wrestling  
Swimming  
Diving  
Cheerleading / Dance  
Fencing  
Lacrosse  
Martial Arts  
Mountain Climbing  
Track & Field  
(Indoor & Outdoor)  
Cross Country...  
and more!!

**MASTER TRAINER:**  
**Jeff Green MS, CSCS, CES, PES, USAW, USATF**  
Exercise Physiologist  
Certified Strength and Conditioning Specialist  
USA Weightlifting Coach  
USA Track & Field Level 1 Coach  
Clinical Exercise Specialist  
Performance Enhancement Specialist  
National Strength & Conditioning Association  
Alabama State Chairman  
American College of Sports Medicine Member  
State & National Champion Powerlifter  
Former Collegiate Wrestler (Clemson)

At the Icon Performance Center, our goal is to help the athlete's speed, power, explosive strength and flexibility. By using multi-joint explosive training exercise we are able to produce total body movements. These exercises are similar to the movements involved in sports and will aid the athlete in becoming a force to be reckoned with!!

**- LEAVE YOUR MARK!**



**ICON Performance**  
**Welcome to the Ultimate  
Resource for Advanced  
Strength, Conditioning and  
Nutrition Training for  
Wrestlers and Combat  
Athletes.**

The Icon Performance Center possesses the most experienced training staff ever assembled in the state of Alabama. Our Center offers under one roof, the best strength, conditioning and speed professionals from every level of sport, with extensive experience in high school, collegiate, and professional athletics.

**What can Icon Performance Wrestling & Combat Athletics Speed, Strength & Conditioning Program do for me?**

ICON Performance has the most unique collection of wrestlers and mixed martial artists that possess the sport-specific strength, conditioning and speed development know-how to get you to that next level. Wrestling and combat sports in general require the athlete to function at maximal strength, endurance, explosiveness, speed and aggressiveness

**ALL AT THE SAME TIME!**

That is a feat NO OTHER SPORT can claim. Six minutes of everything-you-got in order to beat the opponent. That takes an individual excellence that we at ICON can provide because we have been there match after match, tournament after tournament, year after year and have lived in the trenches. Wrestling and combat sports are individual sports. Sure there are wrestling / MMA teams, but you are the only one out there on the mat.

**Mano-e-mano.**

The athletic excellence that we at ICON Performance can instill requires consistency, dedication, willingness to sacrifice, unwavering discipline, and a relentless pursuit to be the best. Those athletes who desire to be champions must make a commitment to excellence that distinguishes them from the average competitor. Studies have shown that a wrestler/MMA fighter will burn more calories in

**SIX MINUTES**

than a football player playing offense and defense

**THE WHOLE GAME!**

Your athlete needs a program that can address every aspect of the sport to a degree that will allow him/her to not only win, but **DOMINATE** the competition. Let us have the chance to prepare your athlete for what it feels like to have that hand raised above his head by the referee in victory again and again and again.

**205.970.2348 (BFIT)**



**10 Reasons Why You Should Be Training With Us.**

1. **Experience.** The main core of head trainers at our facility represents over 45 years of training experience ranging from the junior high to the pro level. There is not a facility in Alabama and only a handful in the southeast that can truthfully make that statement. Training experience and wisdom is what will make the difference in the athlete wasting his/her time.

2. **Dedication.** You will never find a team more dedicated to your athlete that at Icon Performance. All the little extras that any particular athlete needs are the norm here at Icon Performance. No athlete will be left behind on any aspect of the program! So, if a little extra tutoring on the side or a trainer making a house call in order to address training or dietary questions is needed, consider it done. No one can match our unwavering commitment to our athletes, no matter what age, sport or level of experience.

3. **Program design is an Art as well as a Science.** At Icon Performance, we pour all of our years of training experience into our scientifically designed, cutting-edge training and dietary programs. But only our connection with your athlete will enable us to customize that routine into something that is completely individualized for that particular athlete.

4. **Degreed & Certified Coaches & Trainers.** At Icon Performance we only select the best of the best when it comes to our coaching staff. All of our coaches have a minimum of a Bachelor's degree in Exercise Science or a related field and current certifications in Performance Enhancement as well as CPR and First Aid.

5. **Proven Track Record.** We have had a number of professional athletes from the NFL, NFL Europe, NBA Europe, Arena 1, Arena 2, and Urban Football League, Major League Baseball Farm Teams to train post-rehab, off-season, developmental prior to reporting to training camp. We have worked with collegiate athletes who are training for the NFL Combines or their debut at a number of NFL Pro-Days held at numerous colleges across America. But even more so, if your dedicated and disciplined athlete is not first string, then let us give him or her the weapons necessary in order to get to that starting spot on the team!

6. **We train in small, semi-private group settings for maximum personal attention.** One-on-One training is a great training atmosphere for athletes but not always feasible. Small groups are very beneficial for many reasons, such as competitive dynamics, other experienced athletes to train with who are familiar with our program, and cost benefits. Individual attention is still retained and the integrity of the athlete's training program is maintained.

7. **Continually evolving programs to keep up with cutting edge methods and the ever-progressing athlete.** We are in constant contact with trainers, coaches, nutritionists, and researchers from all over the United States and abroad to bring you the most recent training and dietary information that is available.

8. **Test for Success.** Whether it is a simple pull up test or a video analysis of a 40-yard dash, we at Icon Performance, test and re-test our athletes to make sure the "weak links in the chain" are properly being addressed. This will allow us to not only recognize early what athletic component might be lagging but will give us precise feedback in order to tweak the athlete's training program to send the athlete soaring in the right direction.

9. **Best equipped facility for training ATHLETES in Alabama.** No one in Alabama has a facility with state-of-the-art equipment and "cutting-edge" knowledge to effectively guide the athlete. All of our equipment is geared to maximize the athlete's potential.

10. **This is NOT a baby-sitting service.** No one can match our training intensity and atmosphere. When one walks into the Icon Performance Center, one can feel the energy that penetrates the facility. The equipment, the pictures of past athletes that have trained here, the music, everything is geared toward motivating the athlete to focus and reach new levels of training intensity.

*Every time you stay out late...*

*Every time you sleep in...*

*Every time you miss a meal...*

*Every time you miss a workout...*

*It makes it that much easier to BEAT you...*

**ARE YOU DOING EVERYTHING YOU NEED TO DO TO PREPARE?**

3156 Sunview Drive - Cahaba Heights

205.970.2348 (BFIT)

www.iconperformanceonline.com



