

Club Fitness Testing



Supporting Clubs and Counties throughout Ireland



**Functional Screening/
Prehab training**



**Dynamic Training
Sessions**



**Strength & Conditioning
Programmes**

**2019
SPECIAL OFFERS
FOR CLUBS**

Mobile Interactive Tests Service for Clubs and Counties

WE OFFER CLUBS

- Fitness testing - at your club location
- Live heart rate monitoring - while you play and train.
- Speed and agility training programmes - for teams.
- Functional screening - player prehab sessions.
- Training and results analysis - monitor how effective you train.

25% discount for all bookings received before March 20th 2019

....Contact us for details.

tel: 051 898742 email: info@fitnessbydesign.ie www.fitnessbydesign.ie