

ATHLETE PERFORMANCE PACKAGE

Your success is reliant on so much more than how you handle a vehicle. Just like a car's engine, every aspect of your body must be tuned, from your fitness and nutrition, right through to your mindset.

Motiv8 Training's 26-week Athlete Performance Package takes care of all the fine-tuning, and gives you all the 'tools' you need to get on the podium.

Our Athlete Performance Package delivers all the benefits you'd expect of one-on-one sports, nutrition and performance coaching. It can help you maximise your race day results and achieve your ultimate competition-ready physique.

Invest in our **Athlete Performance Package** to better your best.



FITNESS

To be a successful motorsport competitor, you need super-fast reflexes, a strong, stable core, flexibility galore, and peak physical conditioning.

Our fitness program includes reaction training, cardio and cross-training, neck strength, power and conditioning, and mind body sessions, all of which are designed specifically for motorsport competitors.

Best of all, our programs are tailored to your exact requirements. Regardless of your age, size or weight, we work one-on-one with you to personalise your entire program. We don't deal in generics. Instead, we undertake testing to assess your existing fitness, strength and flexibility levels. Then, we tailor a program specifically for you. Our assessments include postural analysis, cardio tests, reaction, core, coordination, and flexibility.

Our **Athlete Performance Package** helps ensure peak podium fitness levels. You'll be able to perform from the first lap, right through to the finish line, make split-second decisions, and wrestle any vehicle through any obstacle.

We can help you:

- Boost your upper body and neck strength
- Enhance your coordination and reflexes
- Improve your core strength and muscular endurance
- Hone your fine motor skills
- Better your balance, flexibility and cardio capabilities
- Improve your quality of sleep



NUTRITION

Optimum nutrition is essential for performing at your best, particularly if you're an elite athlete looking for that all-elusive edge.

Feeling fatigued after your race? Wondering what the right amount of protein intake is for you? Not sure how much water to drink?

With our **Athlete Performance Package**, all your questions will be answered. You'll receive a personalised nutrition plan delivered on the back of an in-depth consultation with our qualified, expert sports nutritionist, Alex. Everything from your allergies, through to the types of foods that you enjoy, will be accounted for.

We can help you:

- Maximise your energy levels
- Maintain appropriate body fat levels
- Choose the best fluids for exercise
- Choose the best foods to eat before training and competitions
- Improve your recovery rates after training and competitions
- Understand when and what type of dietary supplements to take
- Maintain healthy eating habits while travelling



MINDSET

Do you want to be the best version of yourself? Do you feel overwhelmed, stuck or stressed out before a big race? Want to bolster your confidence or improve your patience?

Your physical performance is just one aspect of elite racing performance. You must have the right mindset to achieve your goals. Mindset is the winning element to success. No matter how much you train and how well you eat, your mindset is the difference between standing on that podium, and standing on the sidelines.

With the **Athlete Performance Package**, you'll have access to all the techniques, tools and resources you need to prepare yourself mentally for race day, and stay focused until the very last lap. You'll be able to set and achieve your goals, and free yourself from the negative, self-limiting thoughts that hold you back from reaching your peak performance.

We can help you:

- Understand the tools you need to get into the right headspace
- Improve your concentration and focus
- Set realistic, measureable, achievable goals
- Free yourself of negative, self-defeating thoughts
- Improve your confidence levels



**Try our Fitness Program
for FREE for 21 days.**

Race to motiv8training.com.au/21

*Our programs are home based, delivered from our app or a gym program can be made.