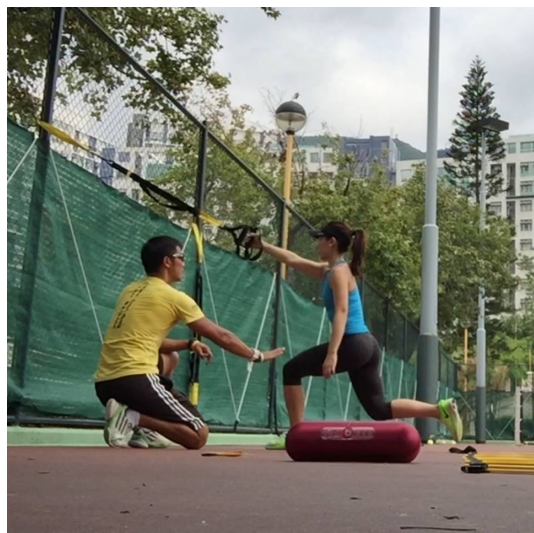




TRX SUSPENSION TRAINING SYSTEM

TRX®



Hosted by Henry So
TRX Ambassador Hong Kong and China

- TRX STC Certified
- TRX RTC Certified
- TRX SMSTC Certified
- TRX FTC Certified
- TRX GSTC Certified

www.AdvancedTennisPerformance.com



TRX SUSPENSION TRAINING SYSTEM

TRX®

Available courses:

- TRX Suspension Trainer
 - Introduction to TRX Suspension Training System
 - Advanced concepts of the TRX Suspension Training System
- TRX RIP Trainer
 - Introduction to the TRX RIP Trainer
 - Advanced concepts of the TRX RIP Trainer
- TRX Functional Training
 - Introduction to the TRX Functional Training System
 - Advanced concepts of the TRX Functional Training System
- TRX Group Suspension Training.
 - Introduction to TRX Group Suspension Training System
 - Advanced concepts of the TRX Group Suspension Training System
- TRX Sports Medicine Suspension Training
 - Introduction to TRX Sports Medicine Suspension Training System
 - Advanced concepts of the TRX Sports Medicine Suspension Training System



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Additional offers for :

- Discounts for future purchases of TRX equipment available on ATP Ltd website.
- Discount rate for future sessions for alliance schools.
- Referral programs available where commission will be rewarded for successful event setup and execution.
- Various partnerships available, please contact us to setup a consultation.
 - 1 hour consultation fee of \$500 applies, refunded upon successful setup and completion of Event.
 - Event must be scheduled and completed within 1 month from date of consultation.





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- Session options:
(Pro athletes, adults, juniors, kids 10-18 yrs. old, charity, and corporate events)
 - Private lessons (1-5 students, * Private lesson rates apply)
 - Small groups (6-9 students)
 - Large groups (10-29 students)
 - Team Building (30-50 students)
- Session rates and quotation (per hour):
 - 6-9 students - \$250 per head
 - 10-19 students - \$200 per head
 - 20-29 students - \$150 per head
 - 30-50 students - \$100 per head
- Conditions:
 - All sessions are non-refundable. In case of wet weather, session will be rescheduled, to be completed within a 1 month period.
 - All sessions will include rental of TRX equipment, coaching instruction, trainers, and assistants.
 - All sessions to be paid 1 week upfront to Advanced Tennis Performance.



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- TRX Ambassador for Hong Kong and China
 - TRX Certification licenses
 - TRX Suspension Trainer Certified
 - TRX RIP Trainer Certified
 - TRX Sports Medicine Suspension Trainer Certified
 - TRX Functional Training Trainer Certified
 - TRX Group Suspension Training Certified
- NASM National Academy Sports Medicine
 - NASM Certified Personal Trainer
- ATPCA Australian Tennis Professional Coaches Association
 - ATPCA Strength and Conditioning Tester/Presenter Hong Kong
- Adidas Certified Performance Trainer





Advanced Tennis Performance

TRX®

- Whatsapp/phone: (+852) 61357606
- Facebook: <http://www.facebook.com/AdvancedTennisPerformanceLtd>
- YouTube:
http://www.youtube.com/channel/UCmLDGhRBlp0dd6OigjM1OEg?sub_confirmation=1
- Website: www.advancedtennisperformance.com
- Instagram: atpltd_tennis



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