

Combine Training Camp

Camp Agenda

Talent Identification Presentation

Talent is not always evident at an early age

Metabolic Circuit Presentation

Metabolic Circuit Levels

Four Steps to Success Presentation

Step 1. Combine Testing

Demonstration of the Standardized Testing Procedures and Equipment.

Step 2. Evaluation of Test Scores

Step 3. Goal Setting

Step 4. Combine Training Program

Ten Principles Presentation

Certification Exam



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