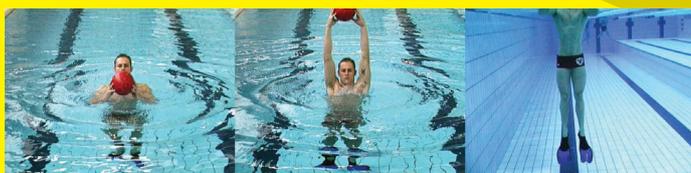
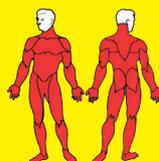


Whatever your motiv8tion, **XLR8** **ONLINE** can help you achieve your goals

XLR8 Online is a network of internationally recognised trainers that can share their expertise from the NRL, Super 14, Trans Tasman Netball and International Cricket to get you to where you need to be faster.



All our trainers are highly experienced to design a training program to optimize your performance and wellbeing. No matter where you are in the world...XLR8 has your training covered.



Comprehensive descriptions & video accompany every exercise.

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> Monthly Online Coaching Fee of \$15.00 (incl GST)

Pay for 12 months in advance and get the first month free! **SAVE \$15**

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your program
from more
than 6500
exercises!**



"As an international rugby referee, I spend a lot of time on the road. In the past this has meant that it has been really difficult to access professional advice about my training in a sport where we are expected to keep up with some of the fittest athletes on the planet.

"In any given game we run between 6.5-9.5km, being made up of over 120 short sprints and making split second decisions, where being fitter no doubt plays a huge part in getting it right. I couldn't prepare myself to be the best I can be without the support of the XLR8 online coach.

"The videos and explanations make it easy to follow and offer me the variety in my programs that can otherwise be lost if I can't get a hold of my trainer or Physio.

"Everything I need from speed training, aquatics programs, rehabilitation, conditioning sessions and strength work, are all at my fingertips."

Chris Pollock

International Rugby
Referee - New Zealand



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