

# ETS PERFORMANCE

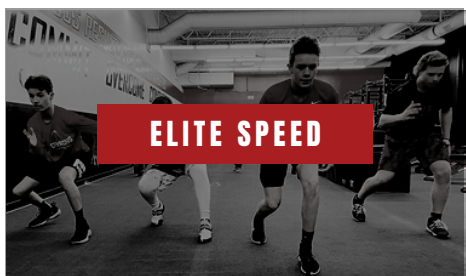
ROCHESTER



## TRAINING SERVICES

**STRENGTH | SPEED | AGILITY | INJURY PREVENTION**

Our unique services & systems of training are applicable, customizable and easily implemented for any athlete or client regardless of age, sport or ability level.



**LEARN MORE**

**SIGN UP FOR YOUR  
FREE ATHLETE EVALUATION**





MEET THE NEWEST  
ALL-PRO ETS PARTNER

**KIRK COUSINS**

NFL QUARTERBACK

## GYM TOUR

A SNEAK PEAK AT THE  
ETS TRAINING  
EXPERIENCE



### ETS STATS

- FOUNDED IN 2010
- 25+ ETS LOCATIONS
- 50,000+ ATHLETES TRAINED
- 2,500+ D1/D2/D3 COLLEGE ATHLETES DEVELOPED
- 200+ PROFESSIONAL ATHLETES TRAINED
- ETS IS FOR ATHLETES OF ALL SPORTS, AGES 8+

### THE ETS MISSION

Our mission is to provide cutting edge strength, speed, power, deceleration and movement mastery training for athletes and individuals in a challenging yet positive environment that will enhance performance, build character and improve lifestyles.

THE ETS EXPERIENCE IS

**UNCOMMON**

FIND OUT WHAT OTHERS ARE SAYING

TESTIMONIALS

CONNECT WITH US

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