

ETS PERFORMANCE

STRENGTH | SPEED | AGILITY | INJURY PREVENTION

ETS STATS

30+ LOCATIONS

50,000+ ATHLETES TRAINED

2,500+ COLLEGE ATHLETES

200+ PROFESSIONAL ATHLETES

ETS IS FOR ATHLETES AGES 8 +



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.



ETS TRAINING

SPEED PLUS

AGES 8 - 12

The ETS Speed Plus program focuses on linear and lateral speed development, deceleration mastery, relative strength and injury prevention training for young athletes to establish a foundation for athletic success and performance mastery.

STRENGTH PLUS

AGES 12+

The ETS Strength Plus program provides individualized and sport specific strength, speed, power, deceleration, movement mastery, and energy system development training to maximize performance and improve injury resistance.

EXCLUSIVE SAVINGS FOR MYB ATHLETES

Discounted rate for 3, 6, & 12-month ETS training memberships at ETS St. Croix or ETS East Metro for MYB athletes.

Sign up by June 12th to receive a FREE ETS T-Shirt, ETS Wristband and access to our ETS Nutrition App.



BASKETBALL

SCHEDULE YOUR FREE EVALUATION TODAY

ETS EAST METRO



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ETS ST CROIX

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