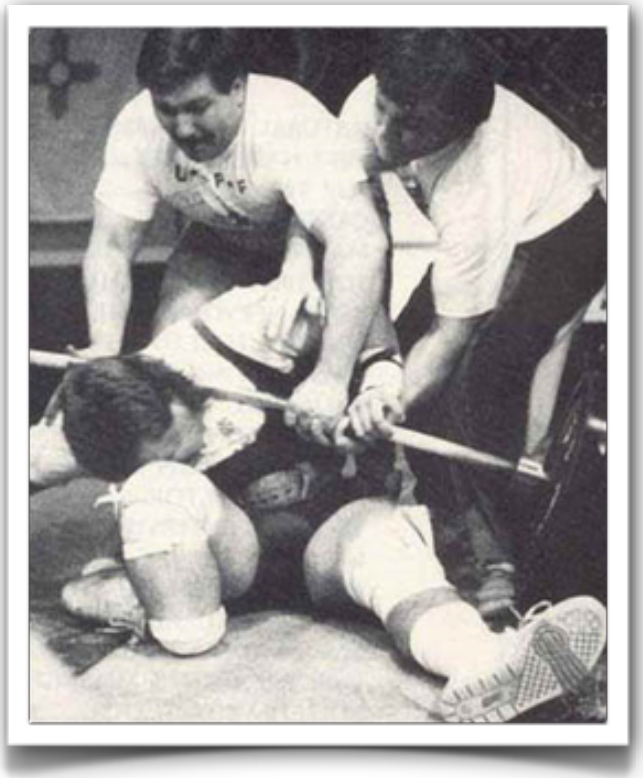
DON'T LET THIS BE YOU.



Why waste countless hours of training,
only to *bomb out* on competition day?

8-Week Powerlifting Program: PEAK ON DEMAND

- **PROGRAMMING:** Detailed plan for every workout (32 total)
- **TRAINING:** Individual feedback on biomechanics and technique
- **NUTRITION:** Learn what and when to eat to maximize strength and performance
- **COACHING:** Full coaching and support at the Longhorn Open Powerlifting Meet
- **MOTIVATION:** Train with top level lifters

LONGHORN TRAINING GROUP

MONDAYS & WEDNESDAYS 7-8pm

September 13th - November 6th

November 6, 2010 **Longhorn Open Powerlifting Meet** Austin, TX

For more information: john@grassiron.com