

The Perfect Trifecta Detox-Fitness Tennis

The human body is like a muscle car, you cannot expect it to perform at its best without cleaning up its engine and changing the oil. What this program offers is the perfect trifecta. You will clean up your system, assess your fitness and tennis status, then design your fitness and tennis regimens.

The results: A fantastic leap in your health, fitness, and tennis performance.

Program Price: **\$500** per person

Sign Up Today!

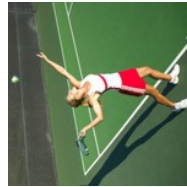
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From: _____



Presents **TENNISOLOGY***



***The Tennis Performance-
Detox & Conditioning
Program**

*Where Champions
are born!*

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FITNESS—DETOX—TENNIS

What You Need To Know

Professional athletes recognize the importance of **fitness** and **nutrition** in preparing themselves for competition. Whether you are Wimbledon bound, preparing for a friendly club match or simply trying to improve your health and tennis game, FifthSet now offer a comprehensive conditioning program:

FITNESS — a complete fitness assessment measuring body fat, flexibility, strength and endurance

NUTRITION — featuring the Isagenix cleansing/detox program

TENNIS — technique and strategy

This 11 day program that is easy for you to fit in your current lifestyle. The Fitness Assessment and the detox/cleansing takes place in the comfort of your home. For 3 days, we will challenge you on the court to bump up your technique, strategy, and fitness with tennis specific drills.

Success Stories

Australian Open Top 4 Men

Fernando Verdasco spent 4 weeks in Las Vegas training in high altitude with Andre Agassi's former trainer Gill Reyes. Why? He had to acquire the necessary fitness to withstand the modern demands of tennis and prepare his body to win seven five set matches in a row. He is one of the leanest athletes on tour and follows disciplined dietary habits.

Rafael Nadal's daily regimen includes running for miles pulling his uncle sitting on a trolley. Why? His game is all about speed, endurance, and overwhelming his opponents with his athletic prowess. He is the fittest player on tour by far and rose to the #1 ranking in the world because of it.. Rafa has the most stringent nutrition plan on tour.

Roger Federer spends his off season practicing in the 100 degree Dubai dry weather to prepare for the grueling demand of weather imposed impediments. Why? His game is flawless but he lacks muscle bulk and must rely on his movement under any circumstances to impose his talent. Roger has been #1 in the world for 5 straight seasons and has just reached an incredible 19 straight semi-finals in a row. He is by far the most regimented player on tour and has sustained it season after season.

Andy Roddick was 190 pounds in 2003 when he won the US Open. His latest coach Larry Stefanky told him he needed to get back to that weight to be able to move as well as he used to. The result is a whopping 15 pounds lost in 6 weeks to enhance his movement along with one of the most grueling track and field schedule he has ever had to endure.

What is in your Program?

Detox: Isagenix 9day Cleanse

1. Isalean Shake
2. Cleanse for Life A \$250 Value
3. Natural Accelerator
4. Snacks
5. Want More Energy



Accelerate healthy weight loss and increase Health

Get weight loss and cleansing off to a fast start with the 9-day supply of the cleansing and fat burning system. Seven pounds is the average weight loss for people using the system for 9 days*. The five nutritional components of the system help you cleanse while infusing your body with premium nutrients for optimum health and safe weight loss. Stimulant free*.

*Results may vary.

You may experience

- Greater Energy
- Weight Loss Boost
- Balanced Digestion
- Reduced Cravings



Lena Nirk - Personal Trainer

A \$150

You will have a personal session with Lena. During this session, she will assess your current fitness level and help you plan your goals. This step is necessary to create a timeline for your tennis season.

Yann Auzoux - Davis Cup Tennis Director

A \$250

You will work on your game for four intense hours. During this two day camp, you will work on your technical flaws, discover the qualities your game has, and how to take advantage of your many talents. This time on the court will be the perfect highlight for the season to come.

\$500 for the entire program

Schedule

Before the program begins we will work with you to schedule a fitness assessment at your convenience and prior to the beginning of Day 1.

Contact **Lena Nirk** at 202 288 1695

Day 1: Monday – Nutritional preparation

Day 2: Tuesday – Detox #1

Day 3: Wednesday – Detox #2

Day 4: Thursday – Maintenance

Day 5: Friday – Maintenance

Day 6: Saturday – 8am to 10am Tennis & Conditioning

Day 7: Sunday – 4pm to 6pm Tennis & Conditioning

Day 8: Monday – Recovery

Day 9: Tuesday – Detox #4

Day 10: Wednesday – Detox #5

Day 11: Thursday – Report Day 7am to 8am

It will be Tennistic!



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