

*Men's Journal Top 100 Trainers in America has a sports performance camp for **SERIOUS** athletes in grades 6-12!! Introducing...**RETURN TO EXTRAORDINARY PERFORMANCE™***

B O D Y S P E C S

Physical & Athletic Development Training

Welcome to an opportunity to improve your athletic skills in a challenging training environment! **Skip Bunton MS, ATC the founder of Body Specs, and voted 2 consecutive years Americas top trainer by Men's Journal**, invites you to enroll in a unique training experience that far surpasses your typical 'sports' camp! This intensive training system Skip has used for over 23 years with Olympic, professional, college and young aspiring athletes!!

This style of training is not just designed to make you stronger in your sport but to improve your level of athleticism! Check it out:

- Original and customized training formats (not all athletes are the same!)
- Challenging training environment for ALL skill levels!
- Our 'improving' grounds for challenging speed work techniques!
- 'Combine' training experience! (football only)
- Access to our Sports dietician with over 25 years of experience!
- Sports Injury Assessment! (sports related only: schedule before training begins)
- We cover all aspects of performance to agility reaction and power recovery, anaerobic and aerobic conditioning, power development to reducing injury risks to eccentric stability training!
- Our 'power' center is dedicated to revolutionizing the way weights are traditionally used! This truly is the most challenging training environment you will find in the Midwest! Guaranteed!!
-And much more!

Our training facility comprises 6400 square feet of sports performance based equipment. This is not a typical gym! Body Specs is designed to accommodate all types of athletes. The training is designed to be progressive depending on skill level. We want to be sure that our approach will allow you to get better without attempting techniques well out your skill set. The sessions are never the same, yet are designed to address all elements of your sport as close as possible without actually playing the sport!

The staff at Body Specs have apprenticed with Skip for a minimum of 7 years! They are certified by American Council on Exercise (ACE), American College of Sports Medicine (ACSM), and the National Academy of Sports Medicine (NASM). The staff has advanced degrees in sports medicine and exercise physiology. We are allied with orthopedic surgeon Dr. Mark Milia. He is a board certified Sports Medicine specialist of the knee and shoulder and was voted 'Top Doc' by Detroit's *Hour Magazine*. He is a former 3-year starter for the University of Michigan football team. Skip is a continuing education provider for ACE, NASM and National Strength and Conditioning Association.

There are so many camps for sport but not enough emphasize on how to improve athletic performance. This is an opportunity to get the most out of these sports camps and not only have a good 'showing' but significantly reduce your risk of injury and optimize performance! We are professionals in the area of sports performance and sports injury management. There is no other company like ours!

BODY SPECS WORKS FOR YOU! What makes this training program unique is YOU SCHEDULE YOUR TRAINING TIMES!! YOU READ IT RIGHT! Instead of hoping a camp falls on the 'right' date, YOU can SCHEDULE your training days!!! It's that easy!! The cost of this camp is only \$170 for 10 sessions!!

We know there are a lot of sports camps out there, but this one should be at the top of your list before you go to any of them. So you can call and schedule **YOUR** training sessions. Sessions are forming **NOW!** Again, **YOU** set the **TRAINING** date! The training begins when **YOU CALL AND SCHEDULE YOUR SESSIONS!!!! TEAM PRICING AVAILABLE!! CALL FOR RATES!!**

Praise for Body Specs.....

“As the father of three children that have all excelled in sports and as a coach of both baseball and basketball teams, I have witnessed many changes in the training and conditioning of athletes. In day's gone by, an athlete could excel in sports, get a scholarship to college and compete on a very high level based on their own abilities. Today, every parent and **serious** athlete knows about “specialized” training and skill development. There is an endless list of camps, clinics, trainers and “experts” all of which promise to make a difference in your child's performance, skill and ability. I have been there. Many people have spent a lot of money hoping to improve their child's performance and to help them make the team, get that scholarship, and play at the next level. Many of these programs do not deliver on their promises for a variety of reasons. Through experience, I have learned this lesson well.

The Body Specs program delivers. Through a philosophy that emphasizes, “Train Different!” **athletes** are challenged to reach higher levels of performance utilizing training techniques are designed for them to achieve

the results they are looking for. This **individualized** approach is tailored to meet the needs of each athlete and focuses on developing their total package. As many times that I have been in your facility, I am always impressed with the level of expertise, training, motivation and dedication that you give to each athlete. I am convinced that this is the best training that I can give to my son.

I acknowledge that this training is **not** for everyone. It is not a social hour, a day care center, or a gym class. It is serious training for the **serious athlete!** You provide the best expertise, training, equipment and the facility. The athlete should come, prepared and motivated to challenge themselves to take advantage of what you offer.”
Joe Shustric, Father of high school athletes

“I developed physically and became a more focused athlete. I learned how to maintain high performance despite dealing with fatigue. Body Specs training is the only thing I’ve ever tried that made me a better athlete...” Jack Stead, 2000 University of Michigan Men’s soccer Team Captain 1997 & 1998 NCSA National Champions

“I have trained with Skip several years before I was drafted by the New York Mets and even though I turned pro I still have found that this training is just simply THE BEST. I was named top 5 conditioned athletes in camp in 2008! I did not realize how great a shape I was in until I went to camp. Then I saw athletes just as talented as me struggling through the training! Take it from me. I trained with Skip since my junior year in high school. I am still amazed after all this time, he still keeps getting better! “
Eric Neisen, 2007 third round draft pick New York Mets

“Skip’s training and background are truly impressive. When you walk into his facility you know right away there is some serious training that goes on here. He has been a guest on my show several times and I am still convinced he is the best out there”. Clarence Black, 1130am The ‘Fan’

SEE US AT: WWW.BODYSPECS.NET or ‘YOU TUBE’;
Simply type in ‘Body Specs Sports Performance’

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