



fstacademy

PERFORMANCE TRAINING FOR SPORT

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WE ARE DELIGHTED TO INFORM THAT ALL

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FSTACADEMY OFFER A FULLY INTEGRATED TRAINING SYSTEM
TO HELP YOU **PERFORM BETTER** AND STAY **INJURY FREE**.

ALL OF OUR STAFF
HAVE COMPETED TO
A HIGH LEVEL OF
FROM TRACK AND
FIELD, GYMNASTIC,
DIVING AND
FOOTBALL. THIS
KNOWLEDGE GIVES
US A UNIQUE
INSIGHT INTO THE
STRESSES AND
DEMANDS OF YOUR
SPORT.

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- ✓ STRENGTH TRAINING
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