

ROAD TO NATIONALS

5-WEEK PROGRAM

MAY 19TH - JUNE 19TH

**FOR VOLLEYBALL ATHLETES SEEKING EXPLOSIVE POWER,
AGILITY, AND RECOVERY SUPPORT BEFORE NATIONALS!**

DELIVERABLES:

- ✓ 1.5-2+ INCH VERTICAL JUMP INCREASE
- ✓ FASTER MOVEMENT & REACTION SPEED
- ✓ GAME-READY ENDURANCE & POWER
- ✓ SMALL GROUP INTENSIVE TRAINING

EXCLUSIVE BONUSES:

- 📁 ACCESS TO BIOMOTIVES RECOVERY CENTER
- 📁 ACCESS TO MENTAL FITNESS HUB
- 📁 FREE NLF NUTRITION COURSE & MEAL-PLAN



www.nolimitfitnesskc.com



2025



ELITE PREP TRAINING PACKAGE

Small Group Training (3-6 Athletes)

- ◆ 10 Total Sessions (2x per week)
- ◆ 1-Hour Sessions Focused on Strength, Power, and Recovery
- ◆ **Sports Performance Training (SPT)**
- ◆ **Active Recovery Training (ART)**

Training Breakdown:

- 📌 Day One (Monday or Tuesday) – **SPT Only**
 - 1 Hour of Explosive Power, Speed, Core, and Strength Training
- 📌 Day Two (Wednesday or Thursday) - **SPT & ART**
 - 30 mins: Plyometrics, Cardio, Core, In-game Skill Simulation & Reaction Drills
 - 30 mins: Guided Active Recovery



PARTNERED WITH BIOMOTIVES

ACTIVE RECOVERY INCLUDES

- Guided Stretch Days
- Mobility & Balance Techniques
- Recovery Center Days

Modalities:

NORMATEC Compression Boots, Foot Rolling,
Massage Guns, Vibration Plates, MARC PRO muscle
stimulation, Dry Sauna

What's NOT included:

- ✗ Sports Massage
- ✗ Decompression Cupping
- ✗ Assisted Stretching

These services are available separately.

Visit biomotives.com or email biomotives@gmail.com for details.

 **Active NLF Subscription Members get 20% off recovery services!**



www.biomotives.com

HOW TO GET STARTED

✓ Step 1: Read This PDF Carefully

- Ensure you understand the program expectations and scheduling.

✓ Step 2: Purchase Your Plan

- Visit our website, create an account, complete forms & waivers (for NEW athletes), select and purchase Road to Nationals: Elite Prep Program.

✓ Step 3: Watch Mandatory Orientation Video

- This will provide an overview of program structure, expectations, objectives, and how to book sessions.
- Orientation video will be sent via email.

✓ Step 4: Schedule Your Sessions

-  Sessions can be booked up to 2 weeks in advance.
-  If a session is full, you can join the waitlist in case of cancellations.
-  All bookings must be made at least 24 hours in advance.
-  All sessions are first come, first serve
-  Cancellations require at least 24 hours' notice.

SCHEDULE & BOOKING

1. ➡ **You are responsible for booking your own sessions.**
2. ✓ Sessions are First Come, First Serve!
3. ✓ Book sessions at least 2 weeks in advance to secure your spot.
4. ✓ If a session is full, you can join the waitlist in case of cancellations.
5. ✓ All bookings must be made at least 24 hours in advance.
6. ✓ If you need to cancel, please notify us at least 24 hours before your session.

WANT TO TRAIN DURING THE OFF-SEASON?

✓ **Road To Nationals (May 19th - June 19th)**

- Join the **5-Week Program** designed to get you fully prepared and competition-ready for Nationals.
- Prioritize your recovery to stay fresh, strong, and at your peak performance leading into Nationals

✓ **Rest & Recover Recommendations**

- **10s-15s (June 25th - July 6th)**
- **16s-18s (July 4th - July 13th)**
- Email biomotives@gmail.com or visit biomotives.com for recovery options

✓ **Summer Soar 25 - Off-Season Vertical Program**




- 10s-15s starting on the week of July 7th will ONLY purchase the 1 month plan.
- 16s-18s starting on the week of July 14th, will also purchase the 1 month plan (Program will be **prorated by \$50** due to late start).



○ Pricing:

- 1 month plan **Early Bird Special offer (March 10th- April 14th ONLY): \$500 Save \$75**
- Standard Price (After April 14th): \$575

✓ **Available Resources**

-  BIOMOTIVES Recovery Center
-  Mental Fitness Training with Coach Chris
-  Access to our Free Nutrition Course & Meal-Plan

SUMMER SOAR 2025

NLF
NO LIMIT
FITNESS

OFF-SEASON ATHLETIC DEVELOPMENT &
VERTICAL JUMP CAMP

PHASE 1:

MAY 26TH - JUNE 27TH

PHASE 2:

JULY 7TH - AUGUST 15TH

**SMALL GROUP TRAINING
3-8 SLOTS PER CLASS**

- Advanced Vertical Jump Training
- Plyometrics + Strength + Skill Specific Training
- Acceleration Speed & Quickness
- Active Recovery + Flexibility & Mobility Training
- TRY-OUT Preparation

MORE INFO COMING SOON

913-226-7384

nolimitfitnesskc@gmail.com

www.nolimitfitnesskc.com *Open to ALL CLUBS*



Program Week Overview Sample:

Day 1 - 60-minutes Sports Performance Training (SPT)

Explosive power, Speed, Core, and Strength training

Day 2 - 60-minutes Sports Performance Training (SPT)

Plyometrics, Cardio, Core, In-game Skill Simulation & Reaction Drills

Day 3 - 60-minutes Active Recovery Day (ART)

30-minutes: Stretching, Flexibility, Mobility, Balance & Proprioception Training

30-minutes: Recovery Center Access



PRICING & REGISTRATION

RTN: ELITE PREP PROGRAM PRICE

AVAILABLE NOW: \$325

ALL SALES ARE FINAL - NO REFUNDS



 Ready to elevate your game? Secure your spot today!

PROGRAM CAN BE PURCHASED VIA WEBSITE BELOW:

[PURCHASE HERE](#)



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