



The logo features a central graphic consisting of two white kettlebell icons, one above and one below the letter 'S'. Two green diagonal lines cross each other in the center, forming an 'X' shape. The letters 'S' are placed on either side of the 'X'. Below this graphic, the text 'STRAIGHTSHOT' is written in a bold, sans-serif font, with 'SHOT' in green. Underneath, the tagline 'Balanced Functional Fitness' is written in a smaller, white, sans-serif font.



SUBSCRIBE NOW!



WHY STRAIGHT SHOT?

We want to help people move well and feel great with a program that encompasses all aspects of fitness. We believe in taking the guesswork out of training by offering all-inclusive programming and continuous support to build foundations that last.

Straight Shot (SUWC edition) is a Monthly Subscription Personal Training Service Which Includes:

- Six (6) workouts per week
(weekly workouts sent out each Sunday morning)
- Saturday 11 AM workout sessions with Jonny Slick
at the Wellness Center
- Private Facebook group access where you
can ask questions and get support

MONTHLY SUBSCRIPTION FEES*

\$30 Shepherd Students (Valid Rambler Card)

\$35 Shepherd University Wellness Center Active Members

Register in the Wellness Center at our front desk.
Check out the information sheet for more details!

*Monthly subscription will be charged to participant's card on file the 15th of each month. A prorated fee will be charged on initial purchase.

SHEPHERD UNIVERSITY

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Center*





LET'S GET STRAIGHT TO THE POINT...

Straight Shot is a functional fitness program that balances strength, stability, injury prevention, endurance, power, cardiorespiratory capacity, and active recovery strategies to increase your universal capabilities as an athlete.

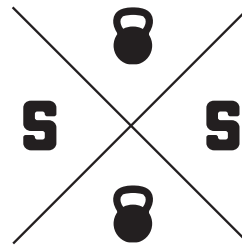
With a subscription to Straight Shot, you'll get weekly programming that includes warm ups, mobility, prehab, strength and conditioning work, and cool down; all with demo videos for the movements. For the Shepherd University Wellness Center Edition Subscribers, every Saturday you will work out with Jonny in an exclusive class just for Straight Shotters. Saturday sessions are at 11 AM and are followed by a debrief and Q & A on the workouts completed and the road ahead.

Whether your sport is played on a field, a construction site, an office building, or at your home, you need to move with solid mechanics and develop your total fitness in the gym to enhance your life outside of it.

We'll handle all the aspects required to do this, we just need you to put in the work!

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STRAIGHTSHOT

EACH WORKOUT WILL FEATURE THE FOLLOWING ELEMENTS:

MOBILITY

Warm ups and mobility methods are designed to get you into optimal positions before the start of lifting. They take a few minutes to do, but will make a huge difference in the way you move and feel, while also allowing you to be more productive in your workouts.

CONDITIONING

The conditioning portion of Straight Shot mixes high intensity circuit training, interval work using various cardiovascular modalities, and steady state recovery work to increase your body's functionality in all 3 energy systems. The balance ensures cardiorespiratory fitness increases while not irresponsibly overloading the body and leaving you burnt out due to an imbalance of intensity and recovery.

STRENGTH

The strength work is based around multi-joint, functional movements using barbells, dumbbells, kettlebells, medicine balls, bands, and bodyweight methods. We lift heavy and light, unilaterally and bilaterally, and in all planes of motion. Our system is different than other functional fitness programs due to the balance of variety and systematic progression with our lifts. The lifts are appropriate for all levels and scaling options are available.

COOL DOWN

Your cool downs round out your daily training by reestablishing tissue elasticity and downregulating the nervous system from intense exercise. This way you stay mobile and feeling ready for your next training session.

SUPPORT

You'll have exclusive access to an in person session and with Jonny where you can ask any questions regarding the programming, the movements, your personal mechanics or training issues, and your progress with Straight Shot. You'll also be invited to join our private Facebook group where you can share your wins and training experience with other Straight Shotters.

Saturday sessions at 11 AM will be the Saturday workout in your weekly programming guide.

If we are closed for bad weather on a Saturday, Jonny will have a live video chat to coach people in their homes.

*Saturday sessions are every Saturday and cannot be made up or rescheduled if missed.