



Take your competition journey to the next level and join Team Elite!

We offer the following services to Team Elite competitors:

- **Personal Training/Body Sculpting Program**

- A periodized strength-test based program specific to your competition class and the strengths and weaknesses of your physique
- Weekly workout/cardio recommendations for offsite/home workouts
- Custom peak week workout plan

- **Rice Lake Full Body Composition Analysis**

- Weekly weight/body composition analysis as well as a skin fold assessment

- **Red Light and Near-Infrared Light Therapy**

- **Nutrition & Supplement Plans**

- Personalized meal plans for sculpting, lean down, and peak week based on your biometric scans, competition class, and skin fold assessments
- Post show reverse dieting plan

- **Competition Coaching & Prep**

- Show recommendations, and annual competition planning
- Competition day checklist – everything you'll need for the day on one easy packing list
- Make up, tanning, and competition suit consulting (*some suit rentals are available*)
- Sponsorship consultations for Nationally Qualified athletes

- **Posing Classes**

- **Onsite Coaching the Day of Your Show**



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