

Athletic Fitness Academy

School Performance Program

"Systematically Maximize the Potential of your Key Athletes!





We help you to Systematically Maximize the Athletic Performance of your Key Athletes.

By Implementing a Tailored Training Program:

- Sports Specific Agility
- Strength and Conditioning
- Speed and Movement Training
- Performance Enhancement
- Sports Nutrition







We take care of the Hi-Performance Training... You concentrate on Strategy and Tactics

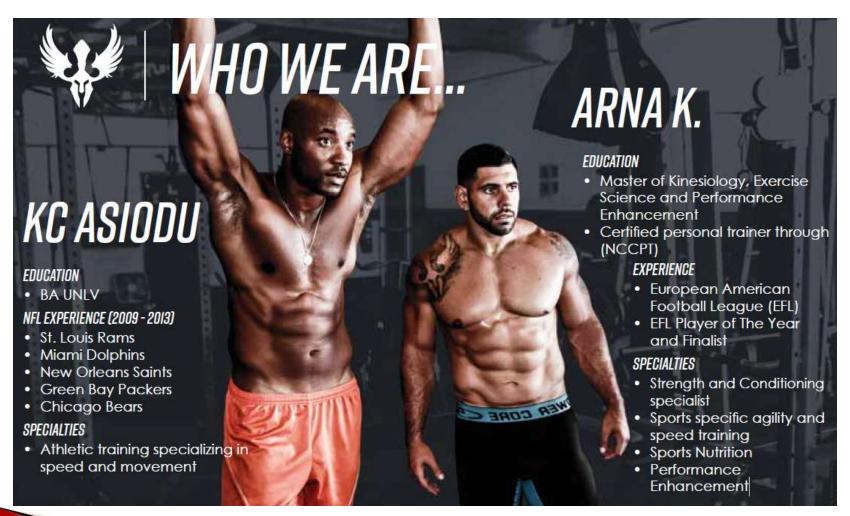
- Review your athletic goals and objectives
- Assess your performance training needs
- Develop a specific plan for your institution
- Design custom training program based on the needs and demands of sport
- Work with individuals or groups
- Track and quantify improvements

We can train on your premises or in our state-of-the-art gym



Our Qualifications











This is what we specialize in and our approach:

- Study human movement from a micro & macro perspective
- Analyze and refine movement patterns
- Refine movement effectiveness
- Decrease wasted energy
- Eliminate unnecessary movement patterns
- Track progress of athletes & set standards
- Inspire a winning culture



Some of our clients





TIMOTHY QUIROGA

Pro Fighter



LARRY GRANT
Pro American Football



KESHIA BAKER
Track & Field



ROY TAPIAPro Boxer



BENTLEY OKPOKOPro Fighter



BRET LOCKETTPro American Football



JOSE HUERTA Pro Fighter



AMANDA KAMEKONA Softball



OSCAR TORRES
Pro Boxer



ASHLEY MANSO
Track & Field / Fitness

Kilfit.com



You can trust us



- Our Staff includes a former Professional NFL athlete and a Performance Specialist who holds a Masters Degree in Kinesiology & Human Performance Enhancement from one of the top institutions in the Country
- Our professional experience in athletic competition combined with our knowledge of performance Science allows to fuse academic spectrums to construct the most effective training regimen for a particular sport or athlete.







Our team has trained Professional, Collegiate and High School athletes ranging from NFL athletes, to Olympic gold medalist, volleyball, softball, baseball, water polo, soccer, hockey and football.

- Please let us submit a proposal to train your athletic team and maximize your results.
- Contact:
 8438 Eastern Avenue
 Los Angeles, CA 90201
 (562) 927-5453 / 5454
 info@kilfit.com



