

ENDURANCE ATHLETE PERFORMANCE & RECOVERY



RECOVER FASTER. PERFORM BETTER.

1

5-SESSION RECOVERY & PERFORMANCE PACKAGE

S\$190/SESSION

VALID FOR 2 MONTHS

- Ideal for athletes managing injuries, mobility restrictions, or recovery needs
- Includes Active Release Techniques (ART) and movement-based treatment (By Aldrin)
- Custom corrective exercises to enhance endurance and prevent injuries (By ART Level 1)

S\$950 (SAVE S\$50)

2

10-SESSION ELITE ENDURANCE PACKAGE

S\$180/SESSION

VALID FOR 4 MONTHS

- For serious endurance athletes focused on peak performance and injury prevention
- Comprehensive ART treatments with progressive rehabilitation (By Aldrin)
- Strength and mobility optimization for sustained endurance and injury resilience (By ART Level 1)

S\$1800 (SAVE S\$200)