



Drew Buchkoski.
APX Director of Sports Performance
&
Poliquin International Certified Program
Level 5 Master Strength Coach.

Now in his 10th year as APX Program Director, Buchkoski's programming furnishes APX athletes with a variety of performance specific exercise through weight and body weight training, plyometrics, speed and speed traction emphasis, yoga, aquatics, and Poliquin Performance principles. He is a noted authority in the field of exercises dealing with the improvement of neuromuscular strength and function, via strain and counter-strain applications that incorporate position and stance specificity.

Throughout his career, he has aided, prescribed and administered training protocols that have resulted in the placement of 38 athletes in the NFL draft, 180 into NFL/CFL Training Camps, developed 62 MLB/MiLB Drafted and Contracted Athletes, 35 NHL/AHL/WHL Hockey Athletes, and between Arizona & Washington has produced Training Programming that warranted 11 State Football Titles and numerous Track & Field, Volleyball, Baseball, Basketball, Soccer and Downhill Skiing individual and team Hockey championships.

*"The detailed expertise
that APX brings to the
table with Program
Design, Nutrition, &
Supplementation is second-
to-none in the industry of
Performance Training."*

-Creative Arts Agency



www.apxstrength.com

Please Contact Us Via Email:

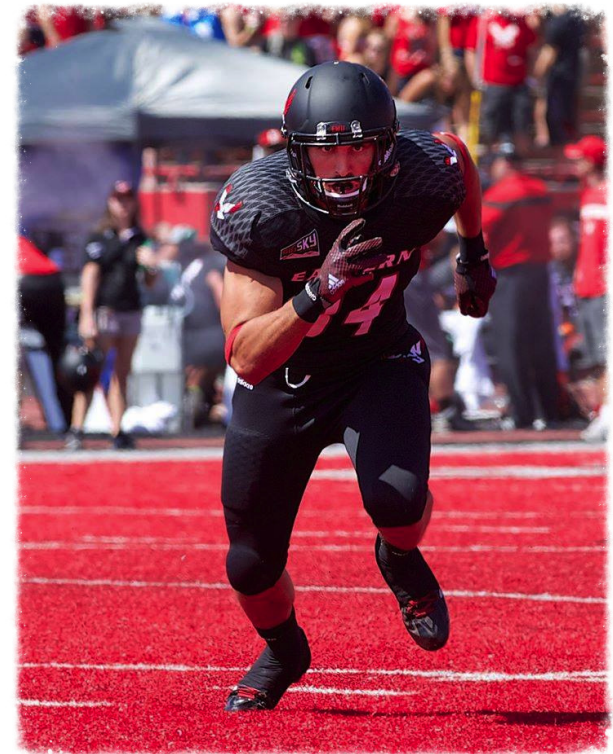
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**PICP LEVEL 5
ONLINE
TRAINING
PROGRAM**



www.apxstrength.com

WHY CHOOSE ONLINE TRAINING?

Here at APX, we recognize the difficulties clients can face with hectic life schedules and committing to traditional performance training programs. It is our professional goal to provide optimal training not only to those physically within our facility but clientele across the nation and even world. With the rise in popularity of cell-phones, tablets, and lighter-than-air laptops, it only makes sense that the future of fitness and performance training is headed towards an online market; giving APX the perfect platform to reach our goals.



Our well-crafted '**PICP Level 5 Online Training Program**' is tailor made toward you and your athletic/fitness needs. APX's Performance Director, Drew Buchkoski, 1-of-21 in the world to obtain a PICP Level 5 credential, will work personally with any individual, athlete, coach, trainer or fitness enthusiast to reach and surpass their goals. Our program is an incredible opportunity for individuals who physically cannot make it into our facility as well as gives those with hectic and demanding schedules the convenience and flexibility to train on their own time. For these clients, our program is the perfect fit.

The program will be offered in three varying phases, and along with training include nutritional guidance from our very own Registered Dietitians. The program is the only one like it in the country, coupling Skype sessions from a Performance PICP 5 Master Coach and Registered Dietitians.

1 MONTH PROGRAM:

- * 12 FULL WORKOUTS EMAILED TO YOU
- * 2 ONE-ON-ONE SKYPE SESSIONS WITH DREW TO EVALUATE PRE & POST WORKOUT PROGRESS
- * ONLY \$400.00

3 MONTHS PROGRAM:

- * 48 FULL WORKOUTS EMAILED TO YOU
- * 6 ONE-ON-ONE SKYPE SESSIONS WITH DREW
- * 3 NUTRITION COUNSELING SKYPE SESSIONS WITH AN APX REGISTERED DIETITIAN
- * ONLY \$849.00

12 MONTHS PROGRAM:

- * 250 FULL WORKOUTS EMAILED TO YOU
- * 24 ONE-ON-ONE SKYPE SESSIONS WITH DREW
- * FULL NUTRITION GUIDANCE
- * 12 NUTRITION COUNSELING SKYPE SESSIONS WITH AN APX REGISTERED DIETITIAN
- * \$2749 (UP FRONT) OR \$250/ MONTH
- * GET 1 MONTH FREE FOR PAYING UP FRONT COST!