



# FRESNO SPINE & SPORT

## Performance Enhancement & Rehabilitation Center

Fresno Spine and Sport provides the finest equipment and the most highly qualified trainers for an athlete to succeed. Everyone that signs-on to commit to a program needs to come ready to work out harder than they ever have in the past. The goal is to reach amazing speeds; increase verticals, gain muscle mass, feel a difference in endurance levels, and start taking steps to include nutritional concepts into their program. If an athlete wants to succeed and wants to be the very best in what they do, it requires two training sessions per week for the duration of the program. Because of the ratio of trainers to athletes and the commitment of the staff at Fresno Spine and Sport, it is important that the athlete is committed as well. If they are unable to attend a session, the session is forfeited. A large part of the success of the program is dependant on what the athlete brings to the facility. Bring the will to achieve, and Fresno Spine and Sport will deliver the rest.

To provide the best services, we would like an opportunity to get to know you and understand your goals and interests. Please take a few moments to fill out the information below.

Name \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

School level \_\_\_\_\_

Sport \_\_\_\_\_

Position (if applicable) \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Goal weight \_\_\_\_\_

Body Fat % (if available) \_\_\_\_\_

(Please circle all that apply)

Increase weight/Size

Lose weight/Size

Increase speed performance

Increase strength

Hyper baric Oxygen Therapy

General Chiropractic

Massage Therapy

What are your goals regarding your sport and what do you hope to achieve

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### TOTAL BODY SOLUTIONS

1050 East Perrin Avenue Suite 103 Fresno, California 93720 559 440-1811 fax: 559 440-1825

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