



T3 Elite Training

July 11th Newsletter

**“Put Your Goals to the
Test and Let Your body
do the Rest ”**

-Coach T

***“I appreciate that the training is not a
cookie cutter and tailored for the athlete”***

-Anita (mother) of Mya Riggins

Hey everyone,

How's your summer going so far?

Are you producing desired outcomes through your training?

Better yet...

Would you like a training that is specific-based and produces noticeable results?

If so, then we can be of great assistance.

Here at **T3EliteTraining**, we are having an *awesome* season so far and producing great results as well. Many people are achieving their goals and are looking to achieve more through our training. This is awesome because we want nothing but the BEST for those who use our services.

With our mission statement **“Put Your Goals to the Test and Let Your Body do the Rest”**, we make it our *duty* to provide the best training for those who want to achieve their goals in their sport or personal health.

In fact, we provide the necessary exercises that are directly focused towards the person. This way, we

can personally connect with the person and work together efficiently in order to see clear results.

Juwan Lewis, an American Football player, is one of the many people who has benefitted a lot from the training.

Here's what he had to say:

*“I loved every bit of the training and how it benefited me for my professional career. I progressed in every workout I had for the CFL (Canadian Football League). The training was set to fit my profession. Coach T knew I needed to get the best 40, shuttle, and over-all body explosive strength to be at my best on the field for scouts. Within two weeks of doing **T3elitetraining**, I saw a major difference in the little things you don't pay attention to when running that is now natural muscle memory.*

The training helped Juwan so much that he later got signed by the Duke City Gladiators of the CIF (Champions Indoor Football), became an MVP of the Southern Division Championship and also won a national title as a starter.

A lot of people involved with **T3EliteTraining** are producing and seeing tremendous results and they only want to get better. So whether you're looking for strength training or speed training or a sports stretch, with our help you are guaranteed to achieve your goals.

If you are interested and would like to get involved with **T3EliteTraining**, then email ttomu@t3elitetraining.com or call (312) 929-5176. You can even [click here](#) and be taken straight to our website where you will find more information involving our training, services, and more.

(The attachment below shows the people who are associated with the training including Juwan Lewis. Click and see who they are and what all of them had to say).

So, as previously stated, we want nothing but the ABSOLUTE BEST for the people involved in our training. We also want the absolute best for *you* too.

We wish you the best on your endeavors and we hope you enjoy your summer!

P.S. We are also introducing the monthly training package! This package is geared towards clients who are looking for effective ways to remain *accountable* to working out while measuring their progress. This comes with designated time to help tailor sessions to client's individual needs and goals. Offers sessions 3 times a week with *flexible* scheduling. Enjoy all of this for **\$430/month**. **Be one of the first 10** to sign up and we'll give you **75% off of our elite gear**! You can sign up by email or phone call through the **CONTACT US** page on the website.



T3 Elite Training

Sincerely,
Coach T

SEE WHAT THE PARENTS & ATHLETE ARE SAYING BELOW AND PLEASE FEEL FREE TO SHARE WITH YOUR FRIENDS AND FAMILY.

Juwan Lewis – American Football Player

Position: Running Back

Current Team: Duke City Gladiators (Arena Football)

Past colleges: Eastern Michigan & Ferris State

Awards: Won the CIF Championship (07/01/18)

What's next: Keep chasing the dream and land a contract with the Canadian Football League.

Links: "[Gladiators survive into next playoff round](#)"

["Gladiators celebrate first CIF title as only Burqueños can"](#)

"I loved every bit of the training and how it benefited me for my professional career.

I progressed every workout I had for the CFL (Canadian football league). The training was set to fit my profession (football). Coach T knew I needed to get the best 40, shuttle, and over-all body explosive strength to be at my best on the field for scouts. Within two weeks of doing T3elite training I saw a major difference in the little things you don't pay attention to when running that is now natural muscle memory. It helped so much, that I layered got signed by the Duke City Gladiators of the CIF, became an MVP of the Southern Division Championship and also won a National title as a starter. The PRs took no more than 3 weeks. Depending on the area it might have taken an extra week or next PR cycle. My 40-yard dash, shuttle and vertical jump improved tremendously when being coach."

Mya Riggins – Track & Field Athlete

School Grade & Age: 5th / 11-years-old

Events & PRs – 60m (8.81), 80mH, 100m (13.87), 200m (28.12), 400m & Long Jump (16.05.1)

Current Team: Columbus Panthers

What's next: Club Nationals

Mya's mother states:

"The training was custom-made to my daughter's strengths and limiting factors. I appreciate that the training is not cookie cutter and tailored for the athlete. Also, Coach T encouraged my daughter to push herself mentally and physically, which is

priceless. My daughter's progression was accessed weekly. Coach T made adjustments to the training based on my daughter's needs. Mya started showing improvement within the first week of training. She had a PR at her first outdoor track meet and the PR's continued throughout the training.

Jaedyn Tucker – Track & Field Athlete

School Grade & Age: Freshman / 15-years-old

Events & PRs – 200m (27.61), 400m (62.60), 800m (2.28.32), long jump (16.10.1)

Current Team: comets

What's next: Junior Olympics

"My training is providing me with good race strategies and allowing me the opportunity to reflect on my past races so I can improve on my ability to run better races. I feel I'm progressing toward the goals I've set for myself each time I finish a race and meet with Coach T. I feel like I'm improving every time I run a race I can't wait to put into to action all the things Coach T is sharing and discussing."

Jai Tucker - Track & Field Athlete

School Grade & Age: 5th / 11-year-old

Events & PRs – 800m (2.28.45), 1500m (5.07.63)

Current Team: comets

What's next: Junior Olympics

"I think training is really good! Coach T even joins in if he has to! He shows you what to do, gives you tips on how to run a good race and win! I'm progressing because I feel like I'm moving my arms correctly and learning how to pace myself so I can run my races to the best of my ability. I started seeing improvements in my times the 1st meet after my training. After my 2nd meet I took 9 seconds off of my 1500 m race."



Samuel Glenn – Track & Field Athlete

School Grade & Age: 3rd / 9-year-old

Events & PRs – 400m (67.58), 800m (2.35), 1500m (5.30.23), triathlon (381 points)

Current Team: comets

What's next: Junior Olympics

Samuel's dad states:

"Sam enjoys the training. He likes the one on one training and feedback. Especially when you run with and provide advice. Sam feels he is progressing well. Especially in the new events of high jump and shot put. Sam also liked learning the 400m strategy/plan that you made for him.

Sam's PR's began at the next meet which was regionals where he improved his 400m time twice, once in the triathlon and again the next day during the 400m competition. Since the shot put and high jump were new he made PR's. The amazing thing on the triathlon was that Sam had one week of training."

Harrison Morosky – American Football

School Grade & Age: Senior / 18-year-old

Position: Running Back

Current School: Wellington High School

What's next: finish the senior year with a bang and go on to play football in college.

"Training is top notch! Very Specific to my sport instead of general training. My running form and mechanics have progressed steadily; I know this because I watch film of my running form."

