



# fstacademy

PERFORMANCE TRAINING FOR SPORT

FSTACADEMY, 35 RADIUM STREET,  
MANGHESTER, M4 6AD.

TEL: 0161 277 9848

EMAIL: [INFO@FSTACADEMY.COM](mailto:info@fstacademy.com)

WE ARE DELIGHTED TO INFORM THAT ALL

**SALE HARRIER ATHLETES**

HAVE **15% DISCOUNT** TO ALL PERFORMANCE  
SERVICES.

FSTACADEMY OFFER A FULLY INTEGRATED TRAINING SYSTEM  
TO HELP YOU **PERFORM BETTER** AND STAY **INJURY FREE**.

ALL OF OUR STAFF  
HAVE COMPETED TO  
A HIGH LEVEL OF  
FROM TRACK AND  
FIELD, GYMNASTIC,  
DIVING AND  
FOOTBALL. THIS  
KNOWLEDGE GIVES  
US A UNIQUE  
INSIGHT INTO THE  
STRESSES AND  
DEMANDS OF YOUR  
SPORT.

COME AND SPEAK TO US  
ABOUT

- ✓ NUTRITION FOR  
PERFORMANCE
- ✓ STRENGTH TRAINING
- ✓ REHABILITATION
- ✓ FITNESS TESTING
- ✓ BIOMECHANICS