



EXOS SPORTS PERFORMANCE TRAINING

FREE FOR ALL WDV STUDENT-ATHLETES

TAKE YOUR GAME TO THE NEXT LEVEL THIS SEASON.

Work with experts who have trained the world's best athletes. When you show up, our Performance Specialists will help you dial in your speed, strength, and power. Once a week, our Performance Dietitian will help you get the most out of your body with nutrition.

HOW TO REGISTER

Email Coach Luis:

luis.morales@teamexos.com

Looking for more training opportunities? Ask us about our Exos College Prep and High School Programs!

TRAINING DAYS

Monday – Friday

TRAINING TIMES:

4:30pm – 6:00pm

TRAINING LOCATION:

Wiseburn Crossfit Box
201 N Douglas St, El Segundo, CA