



**UNDER ARMOUR®**

**UNDER ARMOUR HAS COME TOGETHER WITH SOME OF THE WORLD'S BEST PERFORMANCE TRAINERS TO DEVELOP COMBINE 360!**



## **WHAT IS COMBINE TRAINING?**

Combine Training is an intense fitness discipline and training system based on the core elements of sport performance that challenges each individual to maximize their potential and enhance their athletic engine through Challenges and workouts rooted in movement, balance and strength.

Combine training exercises fall into four main categories within workouts: dynamic warm-up (**DW**), core-posture (**CP**), explosiveness-quickness (**EQ**) and resistance training (**RT**) within each category. There are also designations for specific sports, all sports or elite performance. Dialing in the focus of each exercise in terms of balance, strength and movement is critical to the program.

**C360 training is performance training which measures and trains an athlete using 3 primary elements that train the whole athlete.**

1. Athletic movement
  - a. Helps develop coordination, agility, deceleration, speed and quickness with a focus on movement precision.
2. Performance Balance

- a. Teaches reactive body awareness and unified body control, which is essential for more aggressive sport actions.
- 3. Combine Strength
  - a. Teaches the athlete how to maximize strength and power development using whole body integrated exercises and methods that ignite explosive force production.