

Three Pillars Performance

Mission & Vision Statement

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“To impact and empower individuals to create a healthy life they desire! Our purpose is to serve the community to the highest level through valued relationships, fitness experiences and fueling passions towards enhancing quality of life.”

Core Values:

- Did you “Hit your R.E.P.S.?!”
 - R- Relationships- We value Relationships! (Pillar #1)
 - E- Experiences- Experiences Matter! (Pillar #2)
 - P- Passion- Fuel your passions! (Pillar #3)
 - S- Services- Built to Serve! (Lightning Bolt)

Three Pillars Performance is a sports performance training facility in Lincoln, NE. We educate athletes on things outside of just lifting weights and doing sprints. We specialize in providing any and all athletes the opportunity to pursue their goals and chase their athletic dreams through powerful encouragement and passion- inspiring that they are more than JUST an athlete! Our goal is to make sure that every athlete that walks through our doors is welcomed, seen, heard, and valued in every aspect of their lives as growing student-athletes! Three Pillars Performance- where athletes go to improve EVERY aspect of their careers!