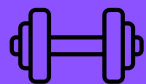
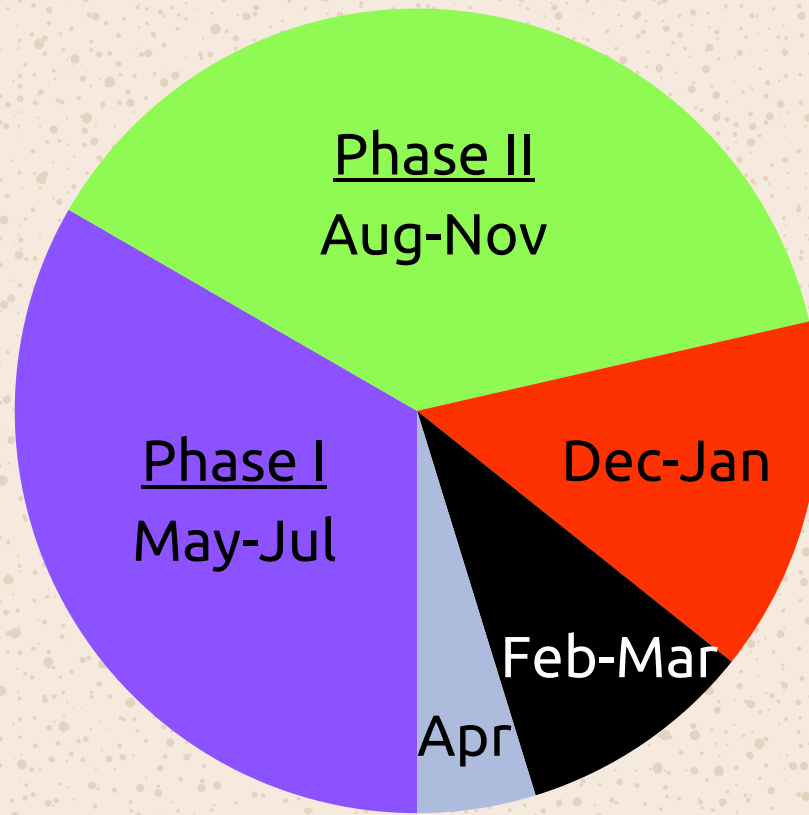


HYDRAFX

Training Methodology

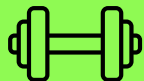


Training per Athlete Will Vary Based on Specific-Seasonality



PURE

Strength I



PURE

Strength II



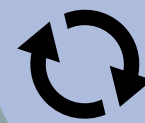
POWER

Conditioning



PEAK

Readiness



RESET

Recovery