

NIKE TRAINING PHILOSOPHY

NTC

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LIVE YOUR LIFE  
FIT. FAST. FULL.

OUR PHILOSOPHY

LOREM IPSUM DOLOR SIT AMET CONSECTETUR ELIT AUCTOR NON MATTIS. VITAE ULTRICES IN LIBERO VIVAMUS.  
FINIBUS AUGUE MAURIS VITAE VEHICULA SAPIEN PORTTITOR EGET LOREM IPSUM DOLORES LOREM IPSUM DOLOR.  
SIT AMET CONSECTETUR ELIT AUCTOR NON MATTIS VITAE ULTRICES IN LIBERO VIVAMUS FINIBUS AUGUE MAURIS.  
VITAE VEHICULA SAPIEN PORTTITOR EGET LOREM IPSUM DOLORES.  
EVERY. SINGLE. DAY.

3 PILLARS OF NIKE TRAINING

MOBILITY  
LOREM IPSUM DOLOR SIT AMET CONSECTETUR ELIT AUCTOR VITAE VEHICULA PORTTITOR LOREM IPSUM DOLORES

ENDURANCE  
LOREM IPSUM DOLOR SIT AMET CONSECTETUR ELIT AUCTOR VITAE VEHICULA PORTTITOR LOREM IPSUM DOLORES

STRENGTH  
LOREM IPSUM DOLOR SIT AMET CONSECTETUR ELIT AUCTOR VITAE VEHICULA PORTTITOR LOREM IPSUM DOLORES

THE 6 CORE MOVES OF NIKE TRAINING

1 LUNGE  
LOREM IPSUM DOLOR SIT AMET CONSECTETUR ELIT AUCTOR NON MATTIS. VITAE ULTRICES IN LIBERO. LOREM IPSUM DOLOR SIT AMET CONSECTETUR ELIT AUCTOR.

PERFORMANCE COUNCIL

LOREM IPSUM DOLOR SIT AMET CONSECTETUR ELIT AUCTOR NON MATTIS. VITAE ULTRICES INSTIS LIBERO. VIVAMUS FINIBUS AUGUE MAURIS VITAE VEHICULA SAPIEN PORTTITOR EGET LOREM IPSUM DOLORES. LOREM IPSUM DOLOR SIT AMET CONSECTETUR ELIT AUCTOR NON MATTIS. VITAE ULTRICES IN LIBERO. VIVAMUS FINIBUS AUGUE MAURIS. LOREM IPSUM DOLOR SIT AMET CONSECTETUR ELIT AUCTOR NON MATTIS. VITAE ULTRICES INSTIS LIBERO.

DAVID MORALES  
LOREM IPSUM DOLOR SIT AMET CONSECTETUR ELIT AUCTOR NON MATTIS VITAE ULTRICES INSTIS

CHRISTINE MARTIN  
LOREM IPSUM DOLOR SIT AMET CONSECTETUR ELIT AUCTOR NON MATTIS VITAE ULTRICES INSTIS

PAUL THOMAS  
LOREM IPSUM DOLOR SIT AMET CONSECTETUR ELIT AUCTOR NON MATTIS VITAE ULTRICES INSTIS

EXPERIENCE THE NTC APP  
PUT THE 6 CORE MOVES TO THE TEST AND LOREM IPSUM DOLOR SIT AMET CONSECTETUR ELIT

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NTC LIVE  
FIND AN EVENT  
RESERVE A SPOT

NIKE TRAINING PHILOSOPHY  
MASTER TRAINERS  
GOAL FOCUSED PAGES  
NTC APP

STANDARD P1

SECTION HEADER

COPY BLOCK

INTRODUCTION AND DESCRIPTION OF THE KEY NIKE TRAINING PRINCIPLES.

P2

SHORT INTRODUCTION TO THE 3 PILLARS OF TRAINING

P1

CAROUSEL WITH THE 6 CORE MOVES ONE BY ONE.

EACH SLIDE CONTAINS A VIDEO DEMONSTRATION OF THE MOVE AND A SHORT DESCRIPTION

P1

DESCRIPTION AND PROFILES OF THE PERFORMANCE COUNCIL

P1

LINKS WITH THE NTC APP INFO PAGE AND THE APP STORES.

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OUR PHILOSOPHY

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3 PILLARS OF TRAINING

MOBILITY  
LOREM IPSUM DOLOR SIT AMET CONSECTETUR ELIT. VITAE RISUS NEC ERAT TRISTIQUE CURQUS.

ENDURANCE  
LOREM IPSUM DOLOR SIT AMET CONSECTETUR ELIT. VITAE RISUS NEC ERAT TRISTIQUE CURQUS.

STRENGTH  
LOREM IPSUM DOLOR SIT AMET CONSECTETUR ELIT. VITAE RISUS NEC ERAT TRISTIQUE CURQUS.

THE 6 CORE MOVES OF NIKE TRAINING

1 LUNGE  
LOREM IPSUM DOLOR SIT AMET CONSECTETUR ELIT AUCTOR NON MATTIS. VITAE ULTRICES IN LIBERO. VIVAMUS FINIBUS AUGUE

PERFORMANCE COUNCIL

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