



PTP SPORTS

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T R A I N I N G



TRAINING



CORE VALUES

We believe in
Developing
Student-Athletes



01. Mental Toughness
02. Physical Toughness
03. Accountability
04. Responsibility

MEET OUR COACH

BEST GYM & TRAINING CENTER
IN SOUTHERN CALIFORNIA



PENE TALAMAIVAO

NFL Veteran/Lead Trainer

ELITE TRAINING FOR YOU



SPEED & AGILITY



**FUNCTIONAL
TRAINING**



**COUNTERBALANCE
& MOBILITY**



**BIO-MOTOR
TRAINING**

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POSITIVE QUOTES

Success usually comes to those **who are too busy** to be **looking** for it.

Damian Doe

