

AOV MOBILE

AOV Mobile 4 Week Package Includes:

- * 5 Customized Skill Enhancement Drills
- * 5 Categories of Drills
- * Personalized Conditioning Exercises
- * Stretching Techniques for Improved Flexibility
- * Written Step-by-step Instructions
- * Video Demonstration
- * Picture Diagrams
- * Accountability Check-ins with AO
- * Parent/Player Questions of the week

Total Price = \$160 for 4 weeks of workouts

WORD FROM AO:

This is something I have been working on for a year now. Two weeks before lockdown. I launched AOV Mobile. This is my knowledge of skill in the players pocket. Each week I send the weeks worth of content directly to the family. Filled with what's listed above. My partner Marissa handles the programs yoga & conditioning. She was Olympic trained & DI gymnast.

Please check out my social media for video examples. IG, listed below & Facebook search "Adrian Oliver".

Place players are using AOV Mobile: Southern/Northern CA
Texas/Ohio/Las Vegas/Nebraska/Virginia/Chicago/Arizona/Mexico



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