

WHERE SCIENCE MEETS SPEED

Performance Strategies Grounded in Science and Orthopedic Safety to Maximize Human Potential

The exact system our pro's use – now open to every motocross athlete 10 and up.

Most motocross riders – from 10-year-old mini stars to Loretta's big bike contenders, pro privateers, and factory SMX athletes – all hit the same wall eventually: cookie-cutter programs, YouTube or Instagram workouts, “We just do what he does” and “good enough” performance coaching stop adding speed, and stamina, lap-times drop, and others pass you by.



We fix that. We are the new standard in sport-specific performance programming, delivering PhD-level, science-backed training to top facilities across the country and directly to individual athletes who refuse to leave a single tenth on the table. We deliver the exact same professional-grade, science-backed system trusted by our professional athletes to motocross athletes—coaches—tracks—teams nationwide—no matter your age, class, or current level.

Riders gets programming built from your data:

- Explosive gate drops & first-lap speed (sport-specific strength, power & explosiveness development)
- Race-pace conditioning & VO₂ max development & optimization that keeps you strong on lap 10
- Advanced recovery protocols (Normatec, sauna, cold tub, hydration, sleep optimization)
- Injury prevention, prehab, and return-to-ride plans (work directly with our Physical Therapy department)

Whether you're a 10-year-old on an 85 chasing your first big trophy, fighting for Loretta's podiums, a vet rider refusing to slow down, or a pro trying to turn 20th into top 10's – you get the same testing, the same technology, and the same PhD-level sport science.

Two ways to ride faster this season:

- Coaches / Tracks / Teams → bring our complete system to your entire program.
- Individual riders & parents → fully custom 1-on-1 programming (remote or in-person).

Reply “MOTO” right now and we'll get back to you and send you our initial questionnaire, the same one we use with our MLB, NFL, and Olympic athletes at no cost to see if you're a good fit, and to help you get started.

No templates. No guesswork. Just the pro system with your name on it. Let's make you the one they can't catch when the gate drops. The factory system for every motocross athlete 10+.

Our methods aren't trends; they're proven systems backed by science, trusted by winners.

If you're ready to train like a pro and perform like a champion, join the next wave of racers redefining what's possible—where science meets speed.

Performance Isn't Luck — It's Engineered - Built Different. Proven by Champions

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