



**Pride**  
Sports Management

# S&C OPTIONS FOR PRIDE ATHLETES.



**MPC FITNESS**

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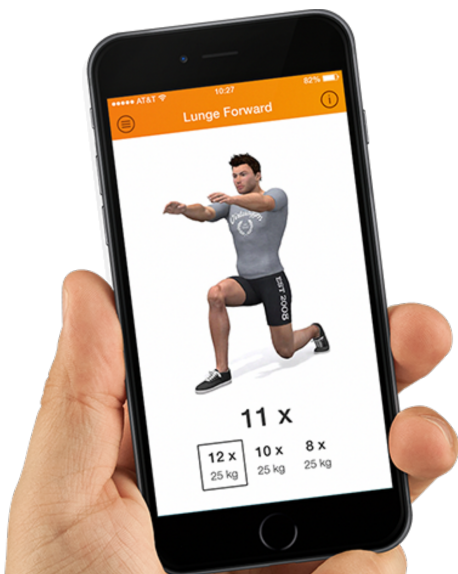
**CUSTOM FITNESS & NUTRITION PROGRAMS  
AT YOUR FINGERTIPS+ 1 ON 1 TRAINING WITH OUR  
STRENGTH COACH.**

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Meet with our strength and conditioning coach for an assessment and get access to the fitness app with a customize personal training program to prepare you for you're next fight .cost is 55\$ per month and includes a Skype call each week to monitor progress.

OR

Meet with our strength coach one time per week for a training session in addition to everything that was included above ; 99\$ per month.



**Talk to  
your agent!**