



# Ignition Series

Transform your sport performance through one-on-one innovative training

Ignition

Momentum

Velocity

The SportExcel *Ignition Series* gives you an innovative leadership approach to winning that utilizes your Zone and gives you powerful tools to support it. Your Zone is the essential part of your sport foundation that you will continually reinforce and refine over the course of this program. As an amateur, professional or Olympian, you will learn to win by implementing the System in just seven weeks.

**With the six-step system you will learn to:**

- Identify and develop your Zone as a skill
- Model the skills of elite athletes
- Access adrenaline easily, any time you need it
- Apply your leadership skills in all situations
- Develop visual acuity, strength, speed, power, etc.
- Create excitement and displace anxiety and fear

Your training is via Skype with SportExcel CEO and high performance trainer, Bob Palmer.

*"The knowledge that I have gained from him has helped me achieve my ultimate dream."*  
**— VINCENT HANCOCK, Two-time Olympic Gold Medalist and Coach – International Skeet**

**The *Ignition Series* one-on-one package includes:**

- A free, introductory, no-risk session where you dive right in and learn the Zone
- Six 45-minute elite coaching sessions where you learn the tools to support your Zone
- Weekly review of the material at the start of each session
- Follow-up written, audio and video material
- Direct contact with trainer Bob Palmer during, and for a short period of time after, your training period
- Comprehensive program manual
- Complimentary copy of Bob's book - *A Mind to Win*
- A system you'll use for life in sport, school and work

**BOOK YOUR TRAINING TODAY:**

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Space is limited

