



**RISEMX**  
STRENGTH CONDITIONING / NUTRITION  
MOTOCROSS TRAINING







# **MIX TRAINING STRENGTH CONDITIONING NUTRITION**

RiseMX is dedicated to the overall wellbeing of our riders. This means that we focus on YOU the rider, on and off the track.

Nutrition, conditioning and self discipline are vital to success of any athlete. Motocross being the top of that list.

RiseMX provides all of the tools you need to become the best rider that you can be. Whether you are shooting for the pro ranks, or just want to become a better, safer rider.

## **WHAT WE OFFER**

- **MIX CAMPS**
- **GROUP CLASSES**
- **1 ON 1 TRAINING**
- **GYM WORKOUTS**
- **NUTRITION**
- **MENTAL COACHING**

### **Contact Info:**

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[www. RISEMX.com](http://www.RISEMX.com)

Visit our website for updated information, events, etc: [www. RISEMX.com](http://www.RISEMX.com)