

## **adidas Boxing**

Inspired by the training routines and drills by some of the fastest and strongest boxing athletes in the world, our Global Trainer Ashley Conrad developed adidas Boxing, a demanding high-impact circuit training that combines elements of cardio, core and speed training. It will make you faster in movement and reaction and add a true punch to your training sessions.

## **adidas Yoga**

In the latest edition of adidas Yoga, Ashleigh Sergeant continues to inspire with a new workout that will help you speeding up your muscle recovery from any sport you play.

The workout focuses on exercising in ways that are conscious and mindful, with added intention and awareness performing strengthening and stretching yoga postures.

## **adidas Performance Training**

Take all the knowledge and experience of the best athletes, nutritionists, physical therapists and sports psychologists. Now put them together under one roof and you have Athletes Performance. Since 1999 they have been developing training programs for the world's best professional athletes. In 2010, Performance Manager Brent Callaway joined adidas as the Global Performance Coach. Since then he helps developing adidas Performance Training programs. This training will help you to achieve all your training goals by making you feel fitter, faster and stronger.

## **adidas Dance**

Think music video clip, think live performance, these are the stages where the latest adidas Dance program is inspired from. Marta Formoso, the Global Trainer for adidas Dance worked alongside with Dance choreographers RJ Durell and Nick Florez who have choreographed countless of A-list pop stars in the likes of Katy Perry. By pitching together the best of the best, seamlessly they transformed a brand new choreography into a must-dance workout that will turn every gym into a dance studio.