

Specialty Areas

- Strength and Conditioning
- Weight Loss
- Athletic Development
- Acceleration Development
- Youth Fitness
- Senior Fitness
- OCR Training
(Obstacle Course Race)

B2G

Looking for a competitive edge in athletics?

B2G (means Built to Go) is geared towards improving explosive, core and overall muscle strength with a sport specific emphasis.

The off season is the time to improve. Use your time to get better, while others waste theirs. Work hard when others don't. See the benefits next season!

About me:

- Grew up in Kansas
- Played High School athletics at Hayden.
- Played collegiate soccer.
- Father of two.
- Still actively involved in training and sports.

GreatLIFE

Live. Play. Better.

Looking forward to helping you improve your fitness & your game!

How do I get started?

Contact Ryan via email, text or phone call for more information or to sign up for personal training. We are happy to assist you in choosing the GreatLIFE option that will suit your needs.

CONTACT:

Ryan Peterson
Work: (785)-267-7888
Cell: (785) 969-9478
Email: Ryan.Peterson@greatlifegolf.com

Personal Training

Ryan Peterson



