



Heartland Fitness

and

Red Storm Elite Athletic Development for Youth

Introducing Vertimax Training

Individualized sport specific workouts that strengthen and improve performance.

Football



Volleyball



Track



Soccer



Vertical Jump Enhancement

Footwork

Functional Movements

Agility

Speed

Reaction Time

Quickness

Basketball



Softball



Baseball



Come see us at 716 E. Empire St. Suite 2 (inside Heartland Home Medical) Bloomington, IL
Or call us at (309)808-2390