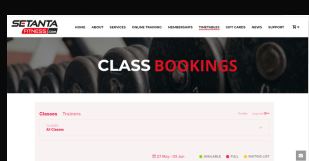


HOW TO BOOK A GAEELIC ATHLETIC PERFORMANCE TEST VIA OUR WEBSITE

GO TO OUR WEBSITE



<https://setantafitness.com>

Click on "Timetables" tab

<https://setantafitness.com/class-bookings/>

HOW DO I SIGN UP FOR A GAEELIC ATHLETIC PERFORMANCE TEST?

- Click on the "Timetables" tab and select "Courses"
- This provides you with the different dates available for testing.
- Testing takes place over 3 days in one week: Monday 6pm, Thursday 6pm and Saturday 12pm. You need to attend all three days of testing.

BOOKING COMPLETED

- After we receive your booking you will receive a booking confirmation e-mail.
- Please check your junk box if you don't see this e-mail appearing in your inbox within 3 days of your purchase.
- Please turn up 10 mins prior to your testing time



WHAT NEXT?

- Select the appropriate course dates that you would like to sign up for
- Purchase the course via the website (£150)
- Course fees are paid in full to secure the spot as places are limited to 5 per week
- Small group discount is available - contact tom@setantafitness.com before booking the course

TEST WEEK

TEST DAY 1
MON 6PM

TEST DAY 2
THURS 6PM

TEST DAY 3
SAT 12PM

BODY COMPOSITION

POWER

AEROBIC CAPACITY

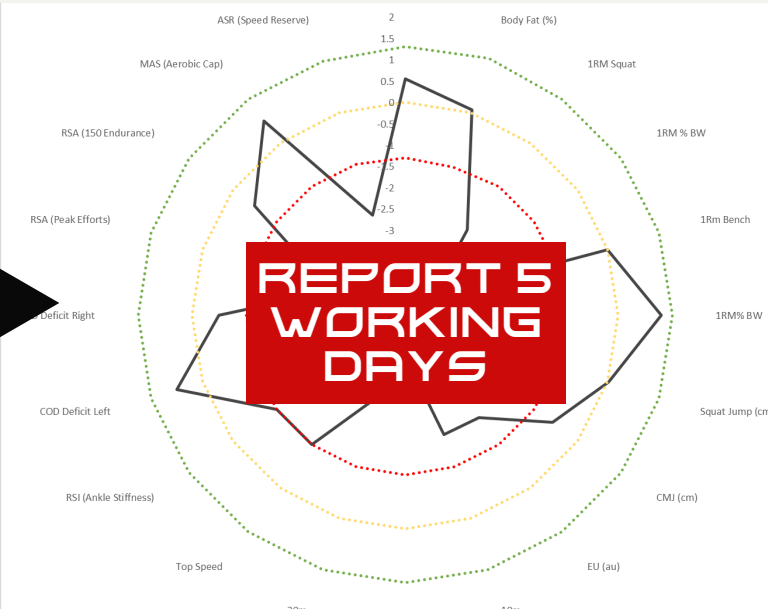
SPEED PROFILE

REACTIVE STRENGTH

CHANGE OF DIRECTION

MAX STRENGTH

REPEAT SPRINTABILITY



OPTIONAL 3 MONTH PROGRAMME

PHYSICAL QUALITY

SETANTA TEST

TRAINING FOCUS

BODY COMPOSITION

STATURE MASS & BF%

SPECIFIC PROG NUTRITION SUPP

MAX STRENGTH

SQUAT / BENCH / 1MTP / % BW

>80% COMPOUND RESISTANCE

POWER

SQUAT JUMP VRS CMJ [EU]

JUMPS, OLY LIFTS, SLEDS

REACTIVE STRENGTH

10.5 RJT

PLYOMETRICS SKIPPING

ACCELERATION

10M SPRINT

MAX STRENGTH RESISTED ACCEL

- There is a non-obligation optional extra to purchase a 3-month training programme based on your test results. This costs £100
- To purchase this programme, go to "Memberships"
- Scroll down and select "Training Programme" to view plans
- Select "Three Month Online Training Programme" and purchase

HEALTH AND SAFETY

- Please do not attend the course if you or someone in your household has symptoms of Covid-19, or if you are isolating after being identified as a contact of a positive case of Covid.
- Please e-mail tom@setantafitness.com to inform Tom that you are unable to attend due to any of the above reasons. Your course fees will be transferred to another suitable course date.