

## The meaning behind the 4

The four stands for the four pillars that form the Craven SPORT services training philosophy. We view these pillars as the most essential factors of training that must be achieved in order for you to see optimal results from your training program. The four pillars are:



**Physical Excellence** – Developing proper mobility, stability, strength and power all while striving for technical perfection.

**Nutrition** – Eating properly rebuilds you after training, keeps your immune system strong, and energizes you so you can perform better day in and day out.

**Mindset** – Instilling concentration, focus and attention to detail to ensure you are mentally prepared to handle any challenge life throws at you.

**Recovery** – Emphasizing that what you do between training sessions is even more important than what you do during the session.