

**Performance & Recovery** - Train hard. Recover smarter. Build strength, stamina, and durability.

**Observation & Studies** - Track progress, assess movement, study habits. Data drives evolution.

**Preparation & Readiness** - Build a mind and body that are always mission-ready. No guesswork—just grit, systems, and execution.

And the 9?

## **THE 9 PILLARS OF ELITE WELLNESS:**

**Strength** - Foundational power and resilience. Build muscle that performs, not just for looks.

**Endurance** - Cardio conditioning and stamina for sustained output under pressure.

**Mobility** - Freedom of movement and joint health to move efficiently and prevent breakdowns.

**Recovery** - Sleep, regeneration protocols, and parasympathetic balance to stay sharp and avoid burnout.

**Cognition** - Mental acuity, focus, memory, and decision-making under stress.

**Nutrition** - Fueling high performance through strategic eating and supplementation.

**Stress Management** - Tactical tools for emotional regulation, mindfulness, and composure in chaos.

**Discipline** - The root of consistency. Training the will, not just the body.

**Adaptability** - The ultimate advantage—mental and physical agility to respond to any challenge



# Prospr<sup>9</sup>

**WELLNESS. FITNESS. PERFORMANCE.**

**PLACE YOUR  
HEALTH FIRST!**



## OUR HISTORY

EST in 2020 during the height of the pandemic, we began to offer virtual training and science-based fitness programming both online and in-person



## OUR VISION

promoting the synchronization of mindfulness and fitness, scientific personalized approach.  
Implementation of unconventional methods to challenge the mind and body.



## OUR MISSION

is to educate clients on the proper training principles and nutritional fundamentals needed to ensure: accuracy, timeliness, and safety while in the pursuit of goal accomplishment.



**HEALTH IS WEALTH,  
CONSCIOUSNESS IS KEY...**

## ABOUT US

At Prospr 9, our training philosophy is centered around the principles of:

Performance, Recovery, Observation, Studies  
Preparation, & Readiness. And the 9?

It symbolizes the nine Pillars of Elite Wellness, a comprehensive framework to dominate every domain of performance.



## WHY CHOOSE US?

Experience and applied knowledge. Results that will lead to gains inside and outside the gym. Classroom, boardroom, and anywhere in between. Learn as you grow. The gym can be intimidating when you have no idea where to start. We are here to help you place your health first!



### Wellness

Mental health, Nutrition,  
Goal planning



### Fitness

Assessments,  
science-based  
personalized  
approach



### Performance

Mindfulness,  
development of  
mental fortitude,  
goal-setting, self-  
development



[www.prospr9.com](http://www.prospr9.com)



NYC. MIA. DAL. LOS