



**Move better.  
Perform better.  
Live better.**

**During the 60 minute session,  
you will:**

- Improve body awareness, range of motion, & foundational strength
- Decrease pain, risk of non-contact injury, & movement restrictions
- Learn tools to help you recover from nagging injuries



tb.morrisonfit@gmail.com



216-469-5131



**T3 Performance**

1965 Recreation Ln. Avon, OH

**Schedule a FREE  
assessment:**

**[t3athlete.com/trevor](https://t3athlete.com/trevor)**



## Meet Coach Trevor Morrison: FRC certified **mobility specialist**

**“As a former athlete who lost his career to injuries, it is my life’s mission to better prepare athletes to handle the movement demands of their sport.”**



# Testimonials

“I had really tight hips going into it. My hips loosened up a lot and my range of motion improved. My body felt a lot better after a session with Trevor. Aches and tightness in certain areas went away and I felt rejuvenated. It’s now an important part of my recovery after a long week of workouts.”

**– Erik Van Euwen | Avon Lake High School | Football**

“After doing a mobility session, I was able to move well, while also feeling flexible and strong. My body doesn’t ache as much and I feel ready to lift the next day!”

**– Joey Melendez | Seton Hill University | Baseball**

“When we first did the mobility during our session, I thought some of the movements were silly since I had never done anything like that before. By the end however, I knew that these movements were extremely helpful because I could feel my body loosening in places I didn’t even know were tight. I especially liked the hip stretches because it eased the pain I normally experience after long days. I left with a changed mindset on the importance of mobility to avoid injuries in sports. My body felt really good after each session. When we went to T3, it was after long weeks of training and games so I was really sore. By the end of the session, I felt almost good as new!”

**– Mackenzie Russell | Dayton University | Soccer**

“I was able to gain knowledge on different parts of my body that i had never heard of, and how moving those parts of my body allows for the rest of my body to feel refreshed and recovered. I felt great after the session and the more we went to the sessions, the easier it was to complete the movements and the better I felt as a whole.”

**– Sophia Sindelar | Rocky River High School | Soccer**