



Health & Performance

whybeagroupie.com

1454 3rd St Osceola IN
547-360-6437

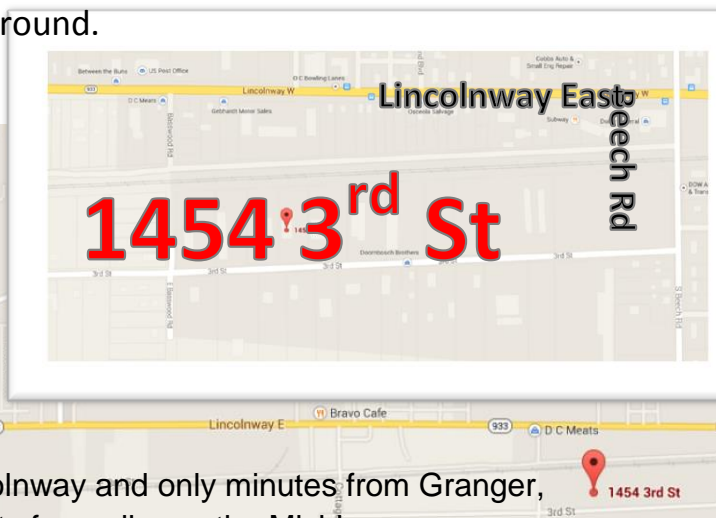
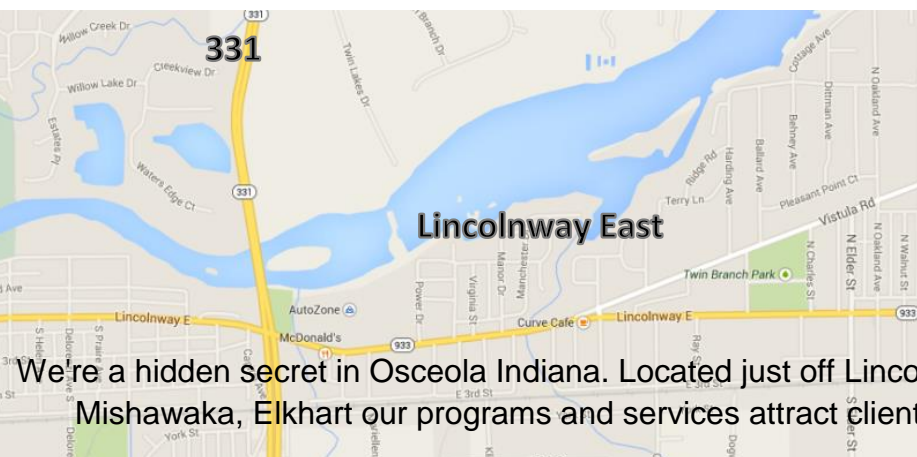
Wrestler's Edge

Wrestler's Edge is designed by Rockstar owner and ISHAA State Champion, Steve Stahl. The sport of wrestling is a simple one, yet wrestler's, parents and coaches spend time, money and sweat only to end up complicating things. Club and team practice provide little individual attention and camps are short lived. Make the most out of your mat time by investing in your young man's DEVELOPMENT as an athlete and wrestler.

Rockstar specializes in Personal Training; we deliver amazing results in 1 on 1, small group and large group training. We are a private health and fitness facility. Everyone from grandma and grandpa, mom and dad and our athletes all receive personalized assessments and tailored training to get started. Our large group class program combines the quality of our personal training at the cost of a class.



The large group class program offers over 30 times slots a week, we recommend 3 days a week for the average adult. For individuals looking to take training to a new level we offer personal training 1 on 1 or in groups of up to 4. We also offer camps and workshops both at our facility and on location. Wrestler's Edge is our Premier Athlete Training Program from April through October, however personal training and Athlete Sessions are available year round.



We're a hidden secret in Osceola Indiana. Located just off Lincolnway and only minutes from Granger, Mishawaka, Elkhart our programs and services attract clients from all over the Michiana area.

FREE Wrestling Performance Workshop Sunday March 29th 2:30 PM

\$400 Wrestling Supplement & Training Package Give Away!

Owner & Trainer Steve Stahl and Darrell Carr are going to help you make the most out of your athlete's wrestling career. We'll cover the top mistakes we made in our wrestling career as well as what we would do differently today. With our combined wrestling

Learn the secrets to maximize your 6 min energy.

3 positions of nutrition; in season, off season and competition.

How to win a State Title with 4 year of wrestling

Darrell is a Doctor of Naturopathy, Advanced BioStructural Correction Practitioner, *Strength* and Conditioning Specialist, Metabolic Typing Advisor, Functional Diagnostic Nutrition Practitioner and is a NCAA National Champion wrestler that was voted Athlete of the Decade in 2009 for HCAC.



Penn Coach Brad Harper Hired

**Rockstar 1 X/Week to Help with Strength,
Explosiveness, Recovery & Nutrition in the
2013-2014 season.**

This year they did 2X/week!