



**Semi Private Lessons**

**Private Lessons**

<b>2 ½ Hours - \$ 100.00</b>	<b>2 ½ Hours - \$ 200.00</b>
<b>Up to 8 Hours - \$ 200.00</b>	<b>Up to 8 Hours - \$ 300.00</b>

**1<sup>st</sup> TIMER TO PRO'S**

• <b>STARTS</b>	• <b>LOOKING</b>
• <b>BRAKING</b>	• <b>BREATHING</b>
• <b>JUMPING</b>	• <b>STRETCHING</b>
• <b>CORNERING</b>	• <b>CONFIDENCE</b>
• <b>THROTTLE CONTROL</b>	• <b>NUTRITION</b>
• <b>WHOOPS</b>	• <b>PASSING</b>
• <b>LINES</b>	• <b>WINNING!</b>

- LEARN THE PHYSICS OF YOUR BODY
- LEARN TO CONNECT YOUR CORE
- MAKE THE BIKE DO THE WORK.
- LEARN TO RIDE WITH YOUR LEGS.

**FOR MORE INFORMATION PLEASE CALL**

**DR ARM PUMP**  
**(818) 333-6860**

EL MIRAGE TRAINING FACILITY  
 COOMING SOON

MON – WED NIGHT MOTOCROSS CAMP ALL SUMMER