

## COMMIT TO BE FIT

"As a trainer my goal is to facilitate an environment where my clients will grow physically and mentally, while being pushed beyond their perceived limits. I take my clients to the Next Level!" -Doug Wiggins

### DEVELOP STRONG BONES

Prepare your body for the physical gauntlet that is sports.

### REDUCE RISK OF INJURY

The smarter and harder you work out, the less likely you are to be injured. Come get prepared.

### INCREASE STAMINA

Every second of every play matters. Being tired should never be a reason for not performing to the best of your abilities.

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**TRI-COUNTY FITNESS**

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# Wiggins TRAINING

GET STRONGER  
BUILD MUSCLE  
BURN FAT  
INCREASE HEALTH  
SHARPEN FOCUS



**THE BODY IS A MACHINE. TIME FOR A TUNE-UP**

**▶▶ GET STRONGER.  
GET LEANER.  
GET HEALTHIER.**

With a regular strength training Program you can reduce your body fat, increase muscle mass, and burn calories more efficiently.

**BUILD MUSCLE**

Gain the much-needed muscle to out perform your competitors.

**BURN FAT**

By burning that extra fat you will become stronger, quicker, and faster.

**CONTROL YOUR WEIGHT**

Reach your desired weight goals through hard work!

**SHARPEN FOCUS**

When the mind and body is one peak performance can and will be reached.

Wiggins encourages development through detailed constructive feedback and state of the art training technology. Through using in depth personal experiences as a professional basketball player and former collegiate athlete. Wiggins possesses the unique ability to offer insight in areas other trainers cannot. Wiggins is an open book and all of his clients will have access to the pages.

**RESISTANCE TRAINING**

Wiggins is an advocate of resistance training. He believes that through proper resistance techniques the muscles can be strengthened and the bones and joints can be protected.

**CARDIO AND ENDURANCE TRAINING**

Wiggins Cardio and endurance training are incorporated into all of his workouts. It is his belief that every workout should be no different from a the output in a game.

**WEIGHT LOSS TRAINING**

For those looking to cut weight, Wiggins is the perfect trainer.

**▶▶ USE IT OR LOSE IT.**

Get motivated and grow with Doug Wiggins.

**BOOST ATHLETIC PERFORMANCE**

Wiggins program is for individuals trying to maximize their performance on and off the court.

**EXPERIENCE MATTERS**

In High School Wiggins earned the honor of being named a top 50 player in the Nation. He played in the Michael Jordan all-star game as well as participating in the famous ABCD camp and NBA camp. Wiggins earned a full scholarship to UCONN, where he played for 2 years. Wiggins went on to play at Mountain State, where he played in the NAIA National Championship

**Testimonials**

“Doug is one of the hardest workers I know. In college he pushed me to become a better player and teammate. His workouts are no joke!”

- AJ Price Washington Wizards

“Every time I go into the gym with Doug I feel like I have made improvements in myself. If it works for me it will work for anyone.”

- Jerome Dyson New Orleans Hornets