

MISSION NO.
4123



STEWART BREEDING
— LIVE YOUR CREED —

COMPETITOR'S EDGE

**A MIND-MUSCLE PERFORMANCE
SYSTEM**

WWW.STEWARTBREEDING.COM
USA

WHY 'THE EDGE'?

The competitive athlete, especially those who glove up and step in the ring is unlike any other. The focus must be on endurance, durability, strength and mental fortitude. Stewart Breeding brings his mind-muscle training system, The S2 Method, to your athletes, giving them the ultimate competitive edge.

The Edge delivers the Nation's most robust, and elite level sport-specific strength training, mindset mastery, injury prevention, and recovery strategies. Every program is custom built based on individual and team goals,, ongoing challenges of your group or organization. We partner to create an outcome-based, and sustainable approach which will maximize performance potential and leave your team battle ready for any scenario.



PROGRAM LINE-UP

01

Collaborate with coaches and athletes to define periodization and fight day/contest timelines.

03

Implement team and individual programming to achieve strength, speed and skill baselines.

02

Build a mind-muscle training plan designed to meet key metrics and objectives.

04

Continually assess, accelerate and modify programming to achieve optimal outcomes.

KEY DELIVERABLES

- Sport Specific Goal Discussion
- Functional movement screening
- Strength and conditioning program
- Mental Skills Training
- Team Building & Cohesion Training
- Restoration and Recovery Services.
- Body Composition and Threshold analysis
- Nutrition Education
- Outcomes Evaluation and Critique



ABOUT STEW.

Stewart Breeding is a master level trainer with more than 25 years of expertise in the fitness industry. Stewart's training approach has been deeply influenced by more than 30 years of study in competitive powerlifting, bodybuilding, martial arts, Yoga, and meditation alongside his experiences as a combat veteran of the infamous 82nd Airborne Division (US Army).

Stewart has worked extensively with elements of Military organizations, Special operations soldiers, law enforcement and first responders. Stewart has authored two books. *Limitless* is a complete wellness training program based on the theories of periodization, and *Biohacker* published in 2017, chronicles Stewart's extensive fitness/strength training background and details the current science and program design used at S2. Stewart's methods involve a wide variety of physical modalities, accompanied with mental discipline, emotional awareness and physical resilience.

- Certified Personal Trainer, NASM
- Performance Enhancement Specialist, NASM
- Corrective Exercise Specialist, NASM
- Level I USA Weight Lifting Sports Performance Coach
- 2016 USAPL Raw Nationals Bronze Medal, Masters Division

