

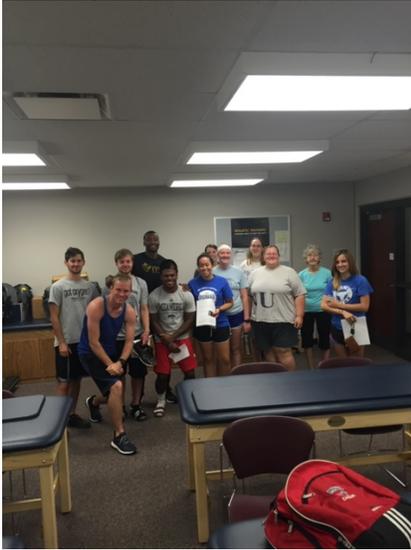


## Media Kit - Let's Work Together

If you're here, you're one step closer to creating a healthier work environment for your employees!

A little about me, after graduating I began my Pro basketball career in Mexico. I was fortunate enough to play in Finland, Estonia, Poland, Columbia, India, Ukraine and Oman over a 6 year timeframe. It was a blessing and great opportunity to play in those countries and experience different cultures. It really made me appreciate LIFE and relationships.

When playing in Finland, I began training youth in skill development, building strength and working on agility. I fell in love with helping people become better!



I've enjoyed giving back to the KC community by helping with the following events:

- Speaking at Mid-America Nazarene.
- Speaking at the Boys and Girls Club.
- Speaking at Olathe high schools.
- Warming up races for children with special needs.
- Given a charity workout for the women of safe home.
- Speaking at Kansas City community colleges. (KCKCC)



### **My certifications:**

I have a degree in business administration with an emphasis in kinesiology and furthered my education in movement and biomechanics.

- ISSA
- Ace

I've worked with a number of pro athletes in the NBA, WNBA, MLB, and NFL. I love working with high school and college athletes. It's so encouraging to see them build confidence and strength during our time together.

### **CORPORATE & BUSINESS OPPORTUNITIES**

AND...Now I am currently working with local businesses and corporations on creating and building healthy initiatives. I can host trainings on location or at my facility in Lenexa. My passion is to help people find their why or reason to create better habits and then continue those habits. I make working out FUN. I understand that if it's not fun, consistency struggles. Part of the fun is seeing results from the hard work you put in.

I'd love to discuss more about working with your employees and creating a healthier lifestyle within your business.

## **RATES**

I work in half day increments or by the hour. If the time you see isn't listed below, we can always schedule something that works best for you.

| <b>Morning 1/2 Day</b> | <b>Morning Rates</b> | <b>Afternoon 1/2 Day</b> | <b>Afternoon Rates</b> |
|------------------------|----------------------|--------------------------|------------------------|
| 6am to 9 am            | \$1250.00            | Noon to 3pm              | \$1250.00              |
| 7am to 10am            | \$1250.00            | 1pm to 4pm               | \$1250.00              |
| 8am to 11am            | \$1250.00            | 2pm to 5pm               | \$1250.00              |
| 9am to noon            | \$1250.00            | 3pm to 6pm               | \$1250.00              |

### **Mileage Inside a 30 mile radius**

Travel within 30 miles from  
Training for Warriors is included  
in the hourly rate.

### **Mileage Outside a 30 mile radius**

Every mile outside 30 will be .58

### **Hourly Rates**

250.00/per hour

**Please keep in mind that my corporate rates may vary depending on time of year and amount of time spent traveling. You can book a time by emailing [Luthergloverworkouts@gmail.com](mailto:Luthergloverworkouts@gmail.com) or calling (913) 553-7785.**