

**DO YOU WANT TO GET STRONGER...
GET FASTER... AND GET NOTICED?**

Online Powerlifting Programming

**Strength Coach Michael Souster MSc, BKin (Hons)
Testimonials
Packages and Pricing
Forms and Information**

2013



Learn. Train. Achieve.

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Head Strength Coach:

Peak Power Director Michael Souster primarily works with developmental power sport athletes. His company was developed in 1995 and quickly became the leading authority in the strength and conditioning as the company helped pioneer the sport development industry in Calgary. The primary sports that Peak Power built their company on was hockey, soccer, rugby, football, golf and the strength sports of Olympic Lifting, Powerlifting and strongman.

His research, education and expertise in long-term athlete development, fitness testing, metabolic training, powerlifting and strength knowledge provides Michael with the expert foundation to design and deliver comprehensive periodized programs for power athletes. After completing his undergraduate work in Kinesiology at the University of Calgary; Michael obtained his Masters of Science degree in Exercise Physiology from the University of Alberta. As a former varsity and national level sprinter Michael combines his knowledge of sport science with his experience as an athlete.

Michael is one of the leading authorities in the strength field. After publishing research from the 1999 World Bench Press Championships, Michael assisted the Canadian Bench Press team at the 2005 World Bench Press Championships in Cleveland. Since then Michael has represented the Canadian Team as head coach at the 2006, 2008, 2009, 2010, 2011 World Bench Press Championships. In 2012 he coached the World Masters Bench Team to a 3rd place team award. This was the first bench team award in the Canadian Powerlifting Union history. He has coached numerous athletes to National Titles in both 3-lift and Bench Press.

Another amazing accomplishment and never matched in Canadian Powerlifting Union (CPU) history;

- Michael coached the Peak Powerlifting Team to 12 Gold medals, 2 Silvers, 1 Bronze with 11 Athletes at the 2012 CPU Nationals in Calgary
- Coaches 4 Current Canadian Bench Press Record Holders
- Coach of 2009, 2010 and 2012 Canadian Male Bench Presser of the Year

Currently coaching over 20 CPU athletes from local athletes, Sub-Jr to World ranked Gold Medalists. Coach Souster's portfolios of athlete have 2 World Records, 3 Commonwealth Records, 22 National Records and over 60 Provincial Records.

In addition to the work that Michael conducts with athletes, he also is an instructor at Mount Royal University in exercise physiology and strength training. Michael also acts as a supervisor for providing applied experience for undergraduate and graduate students at numerous post secondary institutions such including Mount Royal, University of Victoria, University of Calgary and University of Alberta.

Testimonials

“Since training under the tutelage of Coach Souster I have broken through my plateaus. Michael has taken the time to analyze my bench press and based a new training phase on scientific fact and years of coaching. The accountability to work on my weaknesses has increased my overall strength. Coach Souster’s periodization has taken me to Provincial, National and World records and medals” Barry Antoniow, 9 x Canadian Champion, World Masters Bench Press Bronze Medal 2012



“I have been with Souster for 13 years and with his guidance I have multiple national records and a World Gold Medal in 2012. “Sou” has been pushing me and monitoring my performance with close attention. Throughout the last 10 years Sous has been on the cutting edge of new technology, training philosophies and research” John Giffen, 9 x Canadian Champion, World Masters Bench Press Gold Medal 2012

“ My raw strength has shot through the roof! Squats, deadlifts and my bench press have never felt so strong. Michael spends time monitoring my progress and gives me constant feedback and mid phase modifications when variables change” Rhonda Heaslip, 8 x Canadian Champion, World Masters Powerlifting Championships Silver 2011, holder of 4 Commonwealth Records.





Individual Programming

Sometimes all you need to jump to the next level is that extra push. Our one-on-one athlete coaching programs are specifically designed for training strength athletes in a broad range of sports, including powerlifting, Olympic Weightlifting, football, rugby, and hockey. Programming is also suitable for general fitness enthusiasts looking for a more scientific approach to reaching their goals.



The extensive health history and athlete profile will give Michael the initial bases to create a periodized program for you to peak and not over train. The video analysis will further give Michael the information to fix imbalances and allow the athlete to develop at an elite level.

An “Athlete Driven” philosophy gives the athlete the ability to ask questions and give feedback on the performance. The more involved the athlete is in their training and feedback the more focused and attention Michael is able to give. The athlete is responsible for giving feedback on week 3 to ensure that the next phase of the training can be individualized to how the training is progressing as planned. Peak Power periodization is based on a phases of training that elite athlete use to peak for a competition.

Cost:

Option 1: MINIMUM 4-month Program is \$150 per month (total \$600)

Option 2: 12-Month program is \$125 per month (\$1500)

