



FAQ

Fact Sheet

- **HISTORY:** Founded in 1996 by Adam Friedman and located next to the world famous Gold's Gym in Venice California, Advanced Athletics caters to highly motivated individuals and groups ready to bring their performance to the next level.
- **PRODUCTS & SERVICES:** Sports Performance Training, Personal Training, Nutrition Consulting, VO2 Testing, Corporate Wellness Solutions.
- **CLIENTS:** Professional, Olympic, and amateur athletes, fitness enthusiasts, the Hollywood elite, and individuals looking to succeed in business.
- **ENDORSEMENTS:** Advanced Athletics is endorsed by an impressive list of notable clients including Gabrielle Reese (AVP), Stephani Victor (U.S. Olympic Team), Lisa Leslie (WNBA), Kerry Kittles (NBA), Austin Croshere (NBA), Clark Haggans (NFL), Arnold Harrison (NFL), Christi Thomas (WNBA), and Francisco Bueno (MMA).
- **ASSOCIATIONS:** Official contributor to the Gold's Gym Fitness Institute.
- **MEDIA:** Articles featuring Advanced Athletics and its clients have appeared in the Los Angeles Times, Slam Magazine, Oxygen Magazine and Combat Fitness Magazine. Adam has also appeared in featured segments on NBC's "Today" show, KCAL9, and FitTV. Watch all our videos on [YouTube](#).
- **WEB SITE:** <http://advancedathletics.com/> Also, follow us on [Twitter](#) and [Facebook](#).