

ZOOM Workout 10

An absolutely fantastic ZOOM session with Matt & Kelsey Chapdelaine tonight of Team Theorem.

Matt is a former professional football player who now is a full time professional trainer of elite level athletes.

Kelsey is a former Division I basketball player in the USA and a former Canadian national team member. She is now a full time professional trainer of elite level athletes.

The feedback we received from our players after Kelsey & Matt's workout tonight was amazing—our team was completely engaged in the workout.

You can view the workout on the **ZOOM Workout.10 (Video)** link on this website.

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