



GYM

CHANGE STARTS TODAY

arssporttraining.ch



PROFESSIONAL RECORD

2017 – to date

- Private trainer & coach for FIS World Cup athletes
- Coach of Chinese athlete for Olympic Alpine
- Ski Team 2022 Beijing
- Founder of the ARS Gym
- Education in nutrition like strength training with Unsöld
- Ski teacher & lead trainer Ski school St. Moritz

2014 – 2017

Head cardio & strenght trainer upper Engadine

2010 – 2013

Cardio trainer at the Lyceum Alpinum Zuoz

2007 – 2010

Cardio trainer at the Skiclub Celerina

ABOUT

My name is Armando Stöhr and I was born and raised in the beautiful Engadine valley. During my youth, I was very attached to alpine skiing and there was almost nothing else I focussed on. As well as training on the snow, I have found that it takes much more than that. For a skier to be successful, he or she must master many aspects, which is why I did not only concentrate on skiing but also on other areas of trainings. The same as in skiing, I have gained experience through education in the various fields needed to be a complete competitor so that I can respond to each athlete's needs and bring them to the next level. I enjoy sharing my experience with people and I have been fortunate enough to make my hobbies my profession - and this motivates me every day.

QUALIFICATIONS OR EDUCATIONAL RECORD

FMS-Test Certificate (Functional movement screen)

2008 | MA Sport coaching at Dr. Gottlob Institute Germany

Majors: Strength & cardio training Rehabilitation training

Regular 1:1-Sessions on strengths & cardio training with Arno Gallmarini

2005 | Ski alpine trainier programme Swiss-Ski (Federation)

2004 | Ski alpine expert @ Swiss Snow Sports

LANGUAGES

German, English, French, Italian, Romansh

TRAININGS CONCEPT

I am a coach who loves and lives sports. The aim of my approach is to offer you a holistic consulting and training concept. The initial assessment which we do together shows me where you stand and what can be done going forward.

I assess your mobility, posture, and movement patterns in order to determine your strengths and weaknesses. Training is organized and pre-planned by taking into consideration your starting point and objectives. I lead each workout and do my best to reach the defined goals together with you.

TOP-ATHLETES THAT HAVE TRAINED HERE / STILL TRAIN HERE

Sette Daniele

Worldcup Athlete / Ski Alpine

Vanessa Kasper

Worldcup Athlete / Ski Alpine

Seraina Friedli

National Team / Soccer



INDOOR & OUTDOOR TRAINING

STRENGTH TRAINING WITH YOUR PERSONAL TRAINER!

A wide variety of trainings

Personalised training schedules

Parcour training

Dynamic, own body weight training

1:1-Coaching and training

Coordination training (creek- & forest runs)

Reach your individual goals in the three key areas **STRENGTH**, **CARDIO** and **INJURY PREVENTION/REHAB** by having one on one training session where I will identify areas of improvement, give immediate feedback and tricks to achieve your goals.



PRICING STRUCTURE

Amount of the fee depends on the selected package.

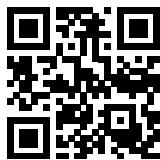
	Starter package	Performance package	Pro package
1 year (9.5 months)	2 trainings per week 8 trainings per month 76 trainings total	3 trainings per week 12 trainings per month 114 trainings total	5 trainings per week 20 trainings per month 190 trainings total
1 semester (5 months)	2 trainings per week 8 trainings per month 40 trainings total	3 trainings per week 12 trainings per month 60 trainings total	5 trainings per week 20 trainings per month 100 trainings total
3 months	2 trainings per week 8 trainings per month 24 trainings total	3 trainings per week 12 trainings per month 36 trainings total	5 trainings per week 20 trainings per month 100 trainings total
1 month (trial package)	2 trainings per week 8 trainings per month 8 trainings total	3 trainings per week 12 trainings per month 12 trainings total	5 trainings per week 20 trainings per month 20 trainings total

Please contact me for more details:
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+41 79 319 68 72



ARS SPORTTRAINING

I am a coach who loves and lives sports.
My trainings are individually tailored, personally supervised
and prepared and take account the specifics of each person.
Pricing depends on the type of training plan and training
environment selected.



scan me

For detail information check out my website
arssporttraining.ch or call me **+41 79 319 68 72**