

Real Members. Real Results.

*"Developing as an athlete is something that has opened many doors for me. Training at **go**performance allowed me to reach my athletic potential, resulting in a D1 football commitment. Every day is a battle with myself to improve. The fantastic gym environment here at **go**performance promotes well-natured competition, so we all can strive to do just a little better. Lane has helped develop my speed, power, and explosiveness. I was extremely well prepared for every combine and training camp I attended during the college recruitment process. I am now able to produce fantastic measurables and back it up with on-field performance. I am excited to continue my career at Yale."*

*~ Micaiah Shaber, Yale, Football
goperformance Member Since 2020*



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