**Bobby Stroupe on Utilizing Downtime to Stay On Your Game**

This week, Travis and Erik interview Bobby Stroupe, founder and president of Athlete Performance Enhancement Center (APEC). Bobby and his team started APEC in 2005 and it has grown over the years to become one of the most trusted sources for athletic performance improvement including accolades from and work with Nike. Bobby and APEC have trained some of the best athletes in the world including NFL MVP and Super Bowl champion Patrick Mahomes.

There is a lot of uncertainty for athletes in all sports currently as seasons are indefinitely suspended and training facilities can be inaccessible for many. Are there ways you should be utilizing this downtime to stay on top of your game – despite some potential difficulty in accessing facilities? In this episode, Bobby, Erik and Travis talk through this question and address other topics like:

* The importance of structure and consistency
* Ways to focus on joint mobility and structural flexibility
* Being creative even with limited access to workout facilities
* The difference between success and results
* How to find a good performance coach including questions to ask and specializations to look for
* Resources to learn more on this topic

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