

## D1 SPORTS NAMED TOP 30 GYM

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Admin



**NASHVILLE, Tenn.** – D1 Sports Training was named one of 30 Best Gyms in America according to Men's Health Magazine's March publication. D1

has six locations throughout the Southeast, including Chattanooga, Knoxville, Nashville, and Memphis, Tenn., Greenville, S.C. and Huntsville, Ala.

In the March issue which features Matthew McConaughey on the cover, D1's director of training, Kurt Hester, revealed the secret of losing the shoes to strengthen a person's arches and Achilles tendons. Known for their unconventional ways of training executives and athletes, D1 has recently begun new boot camps and training sessions.

“This is a great honor to be recognized by Men’s Health,” said CEO and Founder, Will Bartholomew. “We believe that we offer a very unique product for adults and executives, especially with our new boot camps and alternative personal training. It is great to be recognized by a giant in the health industry and we intend to continue to revolutionize this industry.”

D1 Sports started in Nashville in 2003 as a place for top-flight athletes to train. Since that time, D1 now has opened five more locations and has become a leader in training adults, weight training, and weight management. In addition to training for athletes, D1 has successfully broadened their base to include all ages and all different types of training. Training includes the use of tractor trailer tires, sledge hammers, sand bags and many other alternative ways to train.

To see the Men’s Health 30 Best Gyms in America feature, go to:

<http://www.menshealth.com/bestgyms/>

**About D1 Sports Training & Therapy**

D1 Sports Training & Therapy offers expert athletic training and therapy for sports teams and individuals of all ages and athletic abilities. The focus of D1 programs is to increase speed, strength and agility, with an additional emphasis on character development. Former University of Tennessee football star fullback, Will Bartholomew, founded the company and has recruited prominent professional athletes to co-own and launch D1 facilities. D1 co-owners include Shane Batter, Philip Rivers and Peyton Manning and many others. D1 trains youth, elite-level athletes and business professionals. For more information, visit [D1SportsTraining.com](http://D1SportsTraining.com).

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