



“PlyoCity’s world-renowned workout system is coming to Illinois!”

PlyoCity is proud to announce the addition of our newest partner, Eastside Twin City Volleyball Club. PlyoCity is the largest and fastest growing plyometric training company in the country. Eastside Twin City VBC has been certified to provide the same time-tested workout that is utilized by gold medalists Karch Kiraly, Misty May, and Kerri Walsh as well as 2-time Olympians Mike Lambert and Logan Tom. Why has PlyoCity trained over 75,000 athletes in 27 different sports over the last 12 years? The answer is simple ... **RESULTS!!**



PlyoCity founder Mike Rangel training Karch Kiraly, Mike Lambert, Misty May, and Kerri Walsh.