



# Y-SYSTEM<sup>®</sup>

CREATED BY  
*Yury Bettoni*







# Y - S Y S T E M<sup>®</sup>

BE THE ARCHITECT OF YOUR OWN DESTINY<sup>®</sup>

*-Yury Bettoni*

The Y-System is not just a visual training pattern but a unique physical, mental and holistic approach performed with the Y-Base. This device was developed specifically to improve the fundamentals of mobility, stability and velocity - the 3Y's - and guide physical movements to an all new dimension. The Y-System is beneficial for any individuals looking to optimize their body's potential and stimulate their cognitive skills.



TENNIS



TRAINING



NUTRITION



Y-BASE

## *Biography*

Yury Bettoni (born 27 December 1976) in Addis Abeba, Ethiopia, is a former Italian/American professional tennis player with a unique entrepreneurial mind. He trained for many years at the Nick Bollettieri Tennis Academy, now IMG Academy. Later, training and playing with tennis greats, such as Mary Pierce,

Aranxa Sanchez Vicario, Roger Federer and more. The Y-System is the culmination of his life experience in tennis and product development. Yury brings 25 years of knowledge with passion and unparalleled motivation and he expects the same dedication from his coaches.



# PHILOSOPHY

Understanding each individual personality and making decisions according to each person is the priority.  
Every single athlete is unique, and unique, has to be their training and lifestyle.  
The Y-System is designed to adapt the way of coaching to every individual  
so that they can reach their highest potential.

BUILD CHARACTER BY TRAINING ATHLETES  
UNTIL THEY BECOME AUTONOMOUS®

*-Yury Bettoni*



TENNIS

COMPARING YOURSELF TO OTHERS WILL ONLY LIMIT  
YOUR ABILITY TO REACH YOUR HIGHER LEVEL®

*-Yury Bettoni*

The Y-System tennis program, based on the 3Y's Concept, was created to help the individual understand the dynamics of a tennis movement as it relates to mobility, stability and velocity. The system is taught utilizing the innovative Y-Base to make learning intuitive, dynamic and fun. Our objective is to allow individuals to take their game and mindset to the next level - whether growing their game from a functional perspective, or simply fine-tuning techniques and tactics.

### *Offering Includes:*

60 Minutes Private 1-on-1 Tennis Sessions for **\$280**.

60 Minutes Customized Group Sessions for **\$280**.

Half Day Camp for **\$500** which includes:

- 2 Hrs Skill-Specific Technical & Tactical Training
- 30 minutes Total Body Workout & Decompression





TRAINING

REIMAGINE YOUR LIMITS®

*-Yury Bettoni*

Our team of performance experts will create a personalized regime based on the Y-System philosophy utilizing the Y-Base to improve the fundamentals of the 3Y's - Mobility, Stability and Velocity. Our goal is for each individual to reach the next level while preventing injuries by working on agility, speed, strength, flexibility and recovery. All regimes are tailored to each individual and monitored electronically to optimize results.

*Offering Includes:*

Personal Training 1-on-1

Functional Circuit Training

Water Training

Packages / Specials

For more information please contact: [info@yurybettoni.com](mailto:info@yurybettoni.com)



## NUTRITION

BE THE ARCHITECT OF YOUR BODY®

*-Yury Bettoni*

Our nutrition team works with a wide range of populations - from athletes to business people to those looking to lead a healthy lifestyle. We create a personalized program based on a strategic nutrition vision, food philosophy and integration plan. We understand how important it is to power a strong healthy lifestyle and maintain velocity in life. We pay close attention to food qualities, quantities & timing.

### *Offering Includes:*

- Assessment Meeting / Goal Discussion
- Eating Plans
- Nutrition Intake, Quantities & Timing
- Hydration Strategies
- Dietary Supplements
- Weekly Follow Up Routine / Progress
- Assessment

For more information please contact: [info@yurybettoni.com](mailto:info@yurybettoni.com)



Y-BASE

CONTROL THE GROUND. DON'T LET IT CONTROL YOU.®

*-Yury Bettoni*

The Y-Base is a device that visually helps understanding the progressive steps in a tennis movement. It also can be utilized in other sports disciplines and general athleticism to improve the 3Y's - Mobility, Stability & Velocity. Inspired by the unconventional movement pattern that occurs in professional sports, and adapted to inspire athletes of all ages and performance levels, the Y-Base was intended to be used with broken visual patterns to build footwork, agility, quickness, speed and coordination. Its unique composition makes the Y-Base easy to carry, versatile and fun.

For more information please contact: [info@yurybettoni.com](mailto:info@yurybettoni.com)





[www.yurybettoni.com](http://www.yurybettoni.com)

*Contact Us:*  
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