

PERFORM

advanced strength & sports conditioning

Taking You to Your Highest Level!!

Game Player? Want to Develop your Potential?

Start your pre-season in top condition,
Get ahead of your opposition

The off season preparation programme will get you into the best shape possible to allow you to start your pre-season physically stronger, faster and fitter than the other members of your squad.

It runs from 1st June 2010 through to 18th July 2010

3 sessions per week

You will have a full medical screening—A full functional assessment—A series of performance tests relevant to your sport and your position within the sport.—All programmes are individualised to you based upon your test scores and your performance goals.—EAS supplements pre and post work out—Full physiotherapy back up during the course—Slow motion video analysis of all technical movements—Speed and agility tests timed to 1/1000th of a second using the latest sports timing system—The cost for this top level course run by top level sports conditioners and physio's is

£600.00

*Amaze yourself and dazzle others by performing Faster
Stronger for Longer*



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