

GOALS OF SPORT SPECIFIC TRAINING PROGRAM:



-IMPROVE CONDITIONING

-INCREASE SPEED & FLEXIBILITY

-REDUCE RISK OF INJURY

-IMPROVE FORCE PRODUCTION

-INCREASE STRENGTH

-INCREASE POWER

-IMPROVE INDIVIDUAL SELF-ESTEEM



Next Level Athlete Training Center

**12 Industrial Lane
Johnston, RI 02919
Phone: 401-383-2300
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www.nextlevelfitnessri.com**



Athletes At Work!



Sport Specific Training

Year round programs offered to take your skills to the Next Level!

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ATHLETE TRAINING PROGRAM

About the program:

Here at Next Level Athlete Training Center, we offer a unique program for athletes of all ages. This program is designed to improve athletic ability in the sports(s) they compete in. When an athlete steps into our facility, it is easy to see that they are working hard and enjoying their time with us as well.

Our athletes are coached by Professional Strength & Conditioning coaches who are CSCS certified and have a vast knowledge in this field. All of our coaches have some degree in the field of exercise science, experience in the weight room and coaching / playing at a collegiate level.

We offer an 8 week program that includes

- Proper warm up
- Improved core strength
- Linear and lateral speed training
- Plyometric workout
- Resistance training

Who is in the Program:

Here at NLATC, our program is offered to athletes from the most basic level of competition to the professional level. Regardless of age or talent level each athlete will be evaluated on:

- Flexibility
- Speed
- Upper and Lower Body Strength

WHY Evaluate? –

We want to obtain a starting point with each of our athletes who come into the program. During the evaluation we will identify the strengths and weaknesses of each athlete. By doing this, we can re-evaluate the athletes' and see their improvement during the course of the 8 week program.

Individual goals:

Without athletes and individuals who want to make themselves bigger, stronger, faster, and more flexible we would not be in

business. This is why at NLATC we strive for each individual to make overall progress and meet their personal goals.

Our facility:

Our athletes have access to the 22,000 sq/ft fitness center as well as their own weight room that includes:

- 60 yards of indoor Astro turf field
- Weight lifting platforms
- Weights
- Plyo boxes
- Hurdles / Agility Ladders
- Medicine balls

Price:

8 week program - \$275

Ask about group/ team pricing

If you are serious about your athletic ability and want to push yourself harder than before, then get down to Next Level Athlete Training Center and sign up. Come and take your performance to the NEXT LEVEL!