

FITNESS, FUNCTION & PERFORMANCE CONDITIONING

CONDITIONING FOR MULTIDIRECTIONAL SPORTS

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Finally, a workout full of movements that impact performance!

Designed specifically for the developing athlete, Conditioning for Multidirectional Sport, focuses on integrating movement technique with balance, speed, agility, reactivity and 'core-dinated' athletic strength.

Enhancing these factors will not only result in improved fitness and function, but will also have a positive impact on performance.

Aside from skill development, learning proper movement technique, during the important growth phases of a child's life, is the single most 'trainable' factor directly influencing sport performance. Kids will learn how accelerate, decelerate and change direction in progressively challenging movement sequences. In addition, they will learn to develop "sport-specific" strength, agility, stability, and reactivity.

The best time to develop proper movement technique, core awareness and 'core-dinated' strength is during a child's growth and development, as this is when the neuromuscular system is primed to learn proper movement patterns. If we can train our kids at this stage of their lives, I believe we can reduce the prevalence of injury in later years."

Pam Pedlow



CONDITIONING FOR MULTI-DIRECTIONAL SPORTS is portable!

If you can't come to us then we will come to you. It doesn't get much easier.

School programming available.