



team training

for student-athletes **ages 12-18**

more info

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own your position. rule your sport.

Build the strength and conditioning you need to thrive at your position. **24 Hour Fitness Team Training** prepares student-athletes for the future by improving their physical development. It is a comprehensive strength and conditioning program that is designed to address the specific skills and needs of each participant.

gain a competitive edge through strength, conditioning, and nutrition

The training program is designed to evaluate, identify, and correct any factors that are limiting the student-athlete's movement.

The pre-season, in-season and post-season programs include assessments for biomechanics, core and balance, flexibility, cardiovascular, strength/power, speed, and recovery.

strength

Our staff will implement a highly effective scientific strength program that is tailored to the varying needs of each student-athlete.

Each program will address:

- Flexibility
- Core and balance
- Strength
- Power
- Speed
- Agility
- Quickness
- Functional movement
- Plyometrics

conditioning

The Team Training conditioning program reflects the physiological demands of each student-athlete's sport and increases the efficiency of the necessary energy pathways. Whether your sport is aerobic or anaerobic, our custom-designed program will improve your performance and allow you to excel.

nutrition

The Team Training nutrition program emphasizes the primary nutritional needs of each student-athlete. It provides information on how to establish proper macronutrient and micronutrient consumption, maintain necessary energy levels, and take a proactive approach to recovery through supplementation.

addressing the physical demands of the student-athlete

on the field	in the weight room
skill development	exercise technique
reactive training	core / balance
speed	multi-planar movements
agility	plyometrics
quickness	injury prevention

our program can help student-athletes increase:

- strength and power
- speed, agility, and quickness
- vertical jump
- functional movement patterns
- footwork and cutting
- multi-planar movement patterns
- reaction time
- core strength
- flexibility
- hand-eye coordination

