



# STRENGTH & CONDITIONING SERVICES FOR ATHLETES OF EVERY AGE & SPORT

OUR PHILOSOPHY is to provide comprehensive strength, conditioning and injury prevention programs that incorporate every component of athletic skill. Sessions focus on building an athletic base for each athlete that is fundamentally necessary to succeed. Athletes learn correct movement patterns and techniques that are used to increase flexibility, strength, speed, quickness and reduce injury risks.

## OUR PROGRAMS

**Foundation** – Our fundamental program introduces young athletes of any sport to performance and injury prevention training.

**Complete athlete** – A sport specific training program that implements strength training, jump training, sport agility and speed, which improves athletic performance.

**Team** – Training that is sport specific and designed for your team's individual goals.

**Elite athlete** – Elite training for athletes competing in collegiate, semi-professional and professional sports.

**Solo** – Private, one-on-one training sessions for any individual or athlete looking to reach or exceed their goals.

**Small group** – Semi-private training sessions for 2-4 individuals.

**Adult fitness** – Athletic performance training for adult athletes.

**Post rehabilitation** – Private training sessions for individuals transitioning from rehabilitation to sports, work or general fitness.



**ATHLETIC PERFORMANCE CENTER**  
OF EXETER HOSPITAL

Epping | Seacoast United | 88 Shirking Road, Epping, NH 03042 | 603-583-5042

Exeter | The Rinks at Exeter | 40 Industrial Drive, Exeter, NH 03833 | 603-583-5042

Hampton | The RIM Sports Complex | 311 Winnacunnet Road, Hampton, NH 03842 | 603-601-7761

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