

Fast Twitch



Designed to assist any athlete in achieving their peak athletic potential through a structured exercise program!

See improvements in the following areas:

- Biomechanically sound athletic movements
- Strength & Power development
- Balance & coordination
- Powerful, explosive movements
- Quicker, safer footwork
- Acceleration, deceleration, & cutting abilities
- Quicker Reaction times
- Faster sprint times
- Higher vertical jump scores
- Higher levels of confidence

We work to develop power, quickness, and strength but there is much more to it...

We will help you **BEAT** your competition!

Pricing Menu

-Functional Movement Screen \$40
Assessment to reduce the risk of injury during sports

-Performance Testing \$60
Standardized testing for speed/agility/power/quickness

An Athlete profile is created and entered into a National Database

-Program Design \$60
Individualized training program with prescribed periodization cycles

-Individual Coaching Session \$60
Designed to address and work on specific weaknesses and ensure proper exercise execution

-24/7 Facility Access \$35

Package deal for \$149 per month that includes all of the above (normally \$255) plus 3 coaching sessions each week!

Call **276-8811**

or email ryan@deerparkpt.com

to Sign Up!



Deer Park Physical Therapy
& Sports Conditioning