

The Athletes Edge Difference

Athletes Edge is a proud member of the Athletic Republic network of training centers.

Athletic Republic's science based sports training systems are the culmination of 20 years of research and development. It's a science-based sports training system that has delivered real, quantifiable results to over half a million athletes, including more than 2,500 Olympic and professional athletes. It's a brand built out of a firm belief that there is a better way to train athletes, a better way to rehabilitate and a better way to maintain peak athletic performance.

ATHLETES EDGE

**Training the areas best
Athletes since 2003**



Athletes Edge Staff:

Dan Magrath—Owner/Coach
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Kevin Gleason—Director of Performance
Training
kevin@athletesedge.com

Jen Morse —Performance Coach

Peter Tervo— Performance Coach



Fall 2010 Programs

Acceleration All Sport

Hockey Acceleration

ACL Rehabilitation

Team Training

Personal Training

Adult Programs

Hours

Monday - Friday

2:30pm—8:00pm

**Sessions run every 90 minutes!
Start Anytime!**

**Recruit Friends/Teammates for
discounted rates!**

**Athletes Edge
Sports Performance Training**

410 Great Rd
Littleton Ma 01460
Ph. 978-486-4380
www.athletesedge.com

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NEXT Season Starts TODAY! GET THE EDGE!



ACCELERATION ALL SPORT

Featuring the Hi-SPEED Running TREADMILL

- Improve Running Biomechanics
- Increase Maximum Sprint Speed
- Improve Multi-directional Quickness and first step explosion
- Increase Strength, Power and Stamina
- Improve balance and athleticism
- Improve total body strength and power
- Video Analysis of Sprint Mechanics



HOCKEY ACCELERATION

Featuring the HOCKEY Skating TREADMILL

- Improve Skating Biomechanics
- Gain a quicker first step
- Increase stride length and frequency
- Increase Strength, Power and Stamina
- Improve balance and athleticism
- Develop greater puck control
- Stick Handling and Shooting
- Video Analysis of Stride Mechanics

ACL Rehabilitation

- Post PT Training
- Regain on-field readiness
- Regain confidence!
- Sport specific training

Team/Group Training

- Build your own group!
- 2 to 15 player programs
- **Save up to 50% off individual program cost!**

Personal Training

- 1:1 customized training

Adult Programs

- Recreational Athlete Program

