

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.

ATHLETES EDGE SPORTS PERFORMANCE

**TESTED, PROVEN
RESULTS!**

**Training the areas best
Athletes since 2003**



Athletes Edge Staff:

Dan Magrath—Owner/Performance
Coach

dan@athletesedge.com

Kevin Gleason—Director of Performance
Training

kevin@athletesedge.com

Hours

**Monday - Friday
2:00pm—8:00pm**

**Saturdays
9am—12pm**

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



**We have the ATHLETE
down to a SCIENCE!**

**Acceleration All-Sport
Hockey Skating Treadmill
Athlete Testing/Evaluation
ACL Rehabilitation
Injury Prevention
Team Training
Annual Gym Memberships**

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**OUR SCIENCE + OUR SYSTEM + OUR TRAINERS + ATHLETE'S EFFORT =
DRAMATIC ATHLETE IMPROVEMENT**



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
- Improve stick handling skills
- Video Analysis of Stride Mechanics

**Average Performance Improvements
through Athletes Edge training:**

- 0.2 – 0.4 seconds in 40 yards which equals 6 – 10 feet of separation;
- 2 – 4 inches of vertical jump height;
- 5 – 8 inches in standing long jump distance;
- 5 mph in throwing velocity;
- 50% improvement in recovery ability;
- 20% gain in peak force and power;
- 33% increase in foot speed
- Significant improvements in running stride efficiency.

ACL Rehabilitation

- Science based Post PT Training
- Regain on-field readiness and confidence!

Team/Group Training

- Build your own group and Save \$\$!

Annual Gym Memberships

Monthly EFT

