

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
dan@athletesedge.com

Kevin Gleason—Director of Performance Training
kevin@athletesedge.com

Jen Morse —Performance Coach

Peter Tervo— Performance Coach

Summer Hours

Monday - Friday

9am—7:30pm

**Sessions run every 90 minutes!
Select your weeks!**

Acceleration Program Cost

2 day program \$75/week

3 day program \$105/week

Register by May 31st and

Receive a 10% discount!

**Athletes Edge
Sports Performance Training**

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



Summer 2010 Programs

Acceleration All Sport

Hockey Acceleration

Strength and Power

ACL Rehabilitation

www.athletesedge.com

Ph. 978-486-4380

NEXT Season Starts THIS Summer! 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

NEW!

Introduction to Strength Training

- Athletes 13 and up
- Structured Supervised Weight Training Program
- Learn Proper Technique
- Individualized Programs
- Small groups of 5 athletes per trainer

Monday/ Wednesday/ Friday

9am—10 am or
6pm— 7pm

\$60 per week

Summer Strength Training Membership

College Athletes
Lift on your schedule !
Your own program or ours!

\$120