

-Player Profile-

Please print your name, age, position, school, and complete sections 1 and 2. Completing these sections helps us fine-tune the program and allows us to make the workouts as specific as possible. Thank you.

Name:

Age:

Position (circle): P C INF OF

School:

Section 1. Classification of training status (check one):

Beginner (not training or training <3 months)

Intermediate (training for 3-12 months)

Advanced (training >1 year)

Section 2. Your goals for the strength and conditioning program:

Rank your goal priority for this program (1=top priority 6=least important)

___ Speed, Agility, Quickness

___ Total Body Strength, Power, Endurance

___ Shoulder Strength and Stability

___ Cardiovascular Conditioning

___ Core Strength and Stability

___ Balance, Coordination, Reaction

Outcomes of the Strength and Conditioning Program

Regardless of position, upon completion, participants of the strength and conditioning program can expect:

- >> More power at the plate and on the mound
- >> Explosive acceleration and speed on the bases and in the field
- >> Fluid footwork, faster reaction times, seamless changes in direction
 - >> Total body stability to stay injury free
 - >> Greater balance, coordination and awareness
- >> Improved shoulder strength and structural integrity
 - >> Core strength, stability and rotational power
- >> The endurance to play a doubleheader at maximum effort

Biomechanical Demands

Primary Movement Patterns Required By Position

>> By determining position-specific motor skills and movement demands, we can tailor the program to ensure improvements translate to the field.

Muscular Involvement Required By Position

>> By identifying the key muscles involved in each movement, players will exceed the demands of their position through efficient, position-specific training.

Common Injury Sites

Susceptible Joints/Muscles & Prehabilitation Considerations

>> By identifying vulnerable areas of the body for each position, we strengthen those areas while minimizing injury risk during training.

Choose Your Program and Days

1 day program \$219.00

__ Monday __ Wednesday __ Thursday

2 day program \$419.00

__ Monday __ Wednesday __ Thursday

3 day program \$569.00

Method of Payment

Check (payable to AKP, LLC) Cash (take \$25.00 off total amount)

Visa

MasterCard

Discover

AMEX Card # _____ Exp. Date _____

Please mail your payment and Player Profile to:

Advanced Kinetic Performance, LLC 91 Royal Avenue Hawthorne, NJ 07506 OR

Call us at 973-949-3660 to register over the phone.