



COMPLETE ATHLETIC EVALUATION

A comprehensive evaluation which includes a thorough health and physical activity history combined with a Functional Movement Screening, core strength testing and a balance assessment. Based on the results, the performance specialist will develop a program to specifically address areas of concern in order to enhance movement performance, strength, flexibility and balance to reduce injury risks.

ADULT FITNESS is a high intensity group workout for adults ages 18+ who are looking to gain strength, burn fat, and have a great time. Each session is 60 minutes in length and combines traditional strength training, cardiovascular training, sports performance training, core training and injury prevention training.



POST-REHABILITATION Private and semi-private sessions for people who are transitioning from rehabilitation to sports, work or general fitness. Our performance specialists will work directly with physicians, physical therapists and/or athletic trainers to develop a comprehensive program to address each athlete's needs and goals.

Our Exeter location also offers physical therapy onsite as part of Exeter Hospital's Rehabilitation Services. We provide rehabilitation with an expertise and focus on the treatment of musculoskeletal injuries, post-operative conditions, spine care and sports injuries.

ADDITIONAL SERVICES

- Summer programs
- Community lectures
- Professional lectures
- Program design

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ATHLETES TRAIN HERE



ATHLETIC PERFORMANCE CENTER OF EXETER HOSPITAL

Epping – Exeter – Hampton

THE ATHLETIC PERFORMANCE CENTER OF EXETER HOSPITAL provides a wide variety of training services for athletes of every age and sport. Athletes are trained by our highly educated staff which includes strength and conditioning specialists, athletic trainers, physical therapists, occupational therapists, and corrective exercise specialists. The state of the art facility and equipment allows our performance specialists to develop and implement one of a kind strength, conditioning and injury prevention programs that help each athlete reach their full athletic potential. ■



OUR PHILOSOPHY

Without the right foundation athletes may never reach their full potential and be at increased risk for injuries. Our philosophy is to provide comprehensive strength, conditioning and injury prevention programs that incorporate every component of athletic skill. Sessions focus on building an athletic base for each athlete that is fundamentally necessary to succeed. Athletes will learn correct movement patterns and techniques that will be used to increase flexibility, strength, speed, quickness and reduce injury risks.

OUR PROGRAMS

FOUNDATION Our fundamental program introduces young athletes of any sport to performance and injury prevention training. Sessions focus on improving coordination, balance, strength, running mechanics, dynamic flexibility and self esteem.

Ages 9-12, 2x/week for 6 weeks

COMPLETE ATHLETE A sport specific training program that implements strength training, jump training, sport agility and speed which improves athletic performance and reduces risk of injury. Programs are specialized by sport including: basketball, soccer, volleyball, football, hockey, field hockey, lacrosse, baseball, softball and other seasonal sports and activities.

Ages 13-18, 2-3x/week for 8 weeks

ELITE ATHLETE* Elite training for athletes competing in collegiate, semi-professional and professional sports. The Elite Athlete program is an intensive, goal driven workout that combines high

level strength and power training with sport specific speed and agility. Athletes will become stronger and faster than ever before!

TEAM Take your team to the next level! Team training is a sport specific training program designed for individual teams based on their goals. The program promotes team building, teaches proper technique and integrates specific strength and power training methods. Team training is offered before, during or post season.

SOLO* Private, one-on-one training sessions for any individual or athlete looking to reach or exceed their goals.

SMALL GROUP* Semi-private training sessions for 2-4 individuals. Enjoy the benefits of SOLO training combined with the motivation and excitement of working within a group.

*Participants in these programs will receive a Complete Athletic Evaluation before their sessions begin.

