



PERFORMANCE CENTER



“Developing the superior athlete”

Tri For A Cure Training Program

Prepare your body to endure the grueling efforts of your endurance sport with the OA Performance Center's cutting edge Endurance Athlete Training Program. Finely tuned flexibility, soft tissue mobility, CORE stabilization, and total body strength training techniques specific to the endurance athlete will help you perform at a high level for your upcoming season. Experience our integrated program that will maximize your potential, improve your resistance to injury and power you to the finish line.

We focus on stability, power, and endurance that will apply to your static bike and dynamic running and swimming challenges. Our program will maximize your power output through your core to the upper and lower extremities to make you as fast and efficient as possible.

This program will improve your:

Power - Flexibility - Mobility - CORE Strength - Stability
Endurance Sports-Specific Strength Resistance - Recovery from Injury

Depending on the interest the sessions will be either Mondays at Noon or Tuesdays at 7:00 PM.

Program begins the week of May 17th and ends on August 2nd.

12 sessions for \$180.

Contact Adam for more information at atielinen@orthoassociates.com

For more information or to enroll call (207) 710-5509 today

Or visit us on the web at www.orthoassociates.com/lp10

OA Performance Center ❖

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