

## Plyometrics and Conditioning Cords

Athletic Republic Plyometric activities will improve your balance and quickness. Athletic Republic's patented sports cords and plyometric exercises will supply you with superior explosiveness. Every training session includes stability and core strength exercises to develop your hip, abdominal and lower back strength. This gives your greater body control, allowing you to put your speed and quickness to use on the field, court, track or ice.



**Want to pin more opponents, score more goals, win more races?**



**Practice in Power Wear's weighted training gear – WIN more!**

[www.power-wear.us](http://www.power-wear.us)

## ATHLETIC REPUBLIC™ Advantage

### Scientifically-Based Protocols that deliver results:

AR holds six patents and has developed over 3000 training protocols which are sport specific and proven to improve performance.

### Product Technology:

AR's patented equipment allows our trainers to take each athlete safely past their limits in a controlled environment.

### Qualified Trainers and Continuing Education:

AR's staff undergoes Level I, II and III certifications in areas such as biomechanics, exercise physiology and nutrition.

### Program Structure:

AR's plan ensures the success of each athlete and allows them to reach their full potential.

### Sport Specific Applications:

At AR you come to train for your sport. We understand this and provide you with a program that will help you improve your performance in that sport.

### Performance Sports Training designed by MD's, ATC and Sports Physiologists:

The AR program is the only one of its kind, exclusively designed by sports medicine professionals and sports scientists.

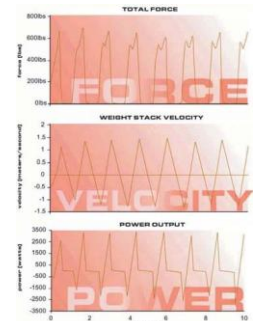
**Call to schedule your  
appointment (518) 371-1469**



## Injury Prevention

Recent research identified ACL tears as a rising problem for young athletes. Female athletes are especially at risk. Female athletes are 6 times more likely to incur a non-contact ACL injury than their male counterparts.

The good news is that *several researchers* have shown that the type of training we do at Athletic Republic can reduce the incidence of these injuries by over 60%



## ATHLETIC REPUBLIC™

Conveniently located at:  
"The intersection of Sport & Science"

## Gen II Super Treadmill

The Gen II Super Treadmill may look like an industrial version of the standard treadmills available on today's market but it performs like a finely tuned training instrument. Our treadmill doesn't bounce or slip like standard treadmills so the forces you experience are the same as they are on the court, field or track. With speeds up to 28 mph and possible incline of 40% grade you will work harder. **We take you safely beyond your comfort zone, stabilize you, and do it all over again.** You create, with your trainer, a more efficient style of running that will help you excel.

Research shows that incline running recruits the muscles responsible for forward acceleration at a level 2 to 3 times higher than level running at the same stride frequency.

**Meaning: you produce more power during each stride, during both push-off and recovery.**



**Train with us and  
"Unlevel the playing field"**

## Steve Hart joins Athletic Republic

Athletic Republic welcomes Strength & Conditioning Coach Steven Hart, a former Div1 athlete at Syracuse University.

Now you can choose between Acceleration training and Functional Strength Training. Steve will be directing our Functional Strength & Conditioning. Come in and find out what Healthy Hart is all about!

### Healthy Hart Strength Program

Functional Strength and Conditioning Circuit Training  
Bench Press, Squats, Core Strength, Agility, Kettlebells & more!

(1) 60 minute Group session pay as you go:	\$25
(10) 60 minute Group sessions as described above	\$225
(20) 60 minute Group sessions	\$400

### Field Services POA

Have an Athletic Republic Trainer come to you. We'll bring our toys and give your team an organized workout at your location.

### Private Training

(1) 60 minute session pay as you go:	\$75
(5) 60 minute sessions	\$350
(10) 60 minute sessions	\$650
(20) 60 minute sessions	\$1,200

### Unlimited Access Group Monthly(12x per mo)

6-month contract- \$175/mo 12-month contract- \$125/mo



## Healthy Hart Strength



**ATHLETIC™  
REPUBLIC**

Unlevel the playing field.

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[www.AthleticRepublicCP.com](http://www.AthleticRepublicCP.com)