

Sports Performance

Sports performance is optimized when an athlete adheres to the following training model. The model applies to any sport.

1. Assessment of posture, flexibility, stability, strength and movement patterns.
2. Progressive and functional exercise that conditions in the following sequence:
 - Posture
 - Flexibility
 - Stability
 - Strength
 - Power
3. Appropriate periodisation of the above phases of training as well as exercise intensity, selection, duration, frequency, tempo and rest.
4. Specific to the individual, the movement patterns and energy system demands of their sport.

To book for 50% off your initial 1 hour assessment call Robert Collier now

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