

POWER TEK FITNESS

Human Performance Specialists

ELITE OFF SEASON STRENGTH AND CONDITIONING
PROGRAM / JUNIOR DEVELOPMENT PROGRAM

May - August 2015

“THERE IS NO OFF - SEASON”

**High Performance Strength and Conditioning
/ Speed Training for Athletes at Every Level**

- * Individualized Sport – Specific Performance Training Programs
- * Functional Training to Correct Muscular Imbalances and Stabilize the Body
- * Functional Assessments to Optimize Performance - Strength and Reduce Injury
- * Speed, Quickness and Agility Programs
- * Supplementation Programs

CREATING CHAMPIONS ... ONE ATHLETE AT A TIME

Experience the Power Tek Difference

POWER TEK
FITNESS
Human Performance Specialists



Brad Norris M.Ed., D.Ac.
Poliquin Strength Coach, Fascial Stretch
Exercise Physiologist / Kinesiologist
Rocktape Clinical Director
norris@powertekfitness.com
705-374-4884 705-928-0660
www.powertekfitness.com