

Services

Sports Performance Training

Speed, Mobility, Agility & Quickness S.M.A.Q. Trainingâ

Helping you become fluent in the language of sport specific movement.

Training includes:

Power, strength, flexibility, improved reaction time

Dynamic Warm-up - as opposed to a traditional warm-up with static stretches, we perform a warm-up routine that entails movement patterns specific to your sport that engages large muscle groups



EXPLOSIVE **POWER!!** Agility Ladder

Promotes a wide range of different movement patterns. With practice this becomes second nature and your body will respond quickly to various sport specific movements

Change of direction & lateral movement drills

Develops quick change of direction mobility and reaction; rapid whole-body movement with change of speed in response to a predetermined routine

Jump Training & Plyometric Exercises

Increase the power of your vertical jump as well as your form; also increase the speed or force of muscular contractions, providing explosiveness for a variety of sport-specific activities

Resistance Circuit

Form of strength training in which each effort is performed against a specific opposing force generated by resistance (i.e. resistance to being pushed, squeezed, stretched or bent)



Vertimax Training

VertiMax Is The Fastest, Most Effective Means To Safely Improve: Speed and Explosive First Step Quickness, Vertical Jump Performance, Competitive Edge

Lower Body Reactive Power is the most vital attribute any athlete can possess. It's the key to explosiveness, speed and power generation. It's what makes plays and wins games. No training system ever designed will do more than VertiMax to increase lower body reactive power and its here at Physical and Sports Rehab!



Increase Leg Power and Reaction Time Increase Balance, Coordination and Agility ... Increase Vertical Jump Strength

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