

TOGETHER, WE BUILD ATHLETES WHO ARE FASTER, STRONGER, AND MORE RESILIENT -WHILE SUPPORTING EACH OTHER'S GROWTH IN THE COMMUNITY READY TO TEAM UP? CONTACT QUINTIN GERMAIN AT QG@BLATANTATHLETICS.COM TO GET YOUR ATHLETES STARTED TODAY

WHAT TO EXPECT AT THE LAB

- PROGRAMS DESIGNED TO REACH PEAK PERFORMANCE
- PROGRAM FOCUSING ON ACCELERATION,
 TOP-END SPEED, AND CHANGE OF DIRECTION
- FUNCTIONAL STRENGTH TRAINING AND POWER AND FORCE PRODUCTION DEVELOPMENT

WHAT'S INCLUDED AT THE LAB

- DATA DRIVEN RESULTS WITH STATE OF THE ART TECHNOLOGY
- · GPS, VALD LASER SPEED UNITS, OVR JUMP A ND VELOCITY, VIDEO ANALYSIS
- · INDIVIDUAL SPEED AND STRENGTH ATHLETIC PROFILE
- · FULL BODY RECOVERY AND MOBILITY