

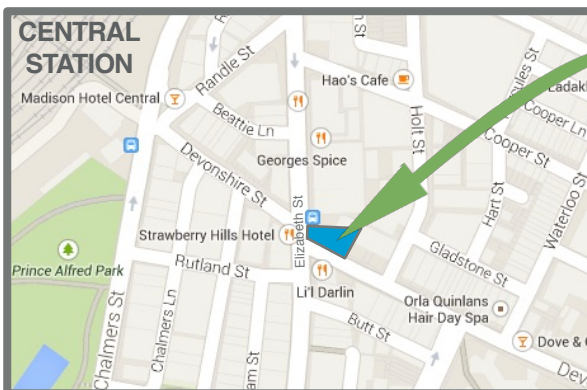
Three reasons to join a

Strength & Conditioning Program with Central Performance

- 1 BE YOUR BEST** - professional program design means you get the absolute maximum benefit from the time & work you put in during training
- 2 BE SAFE** - expert supervision lets you push your limits whilst preventing injury from poor technique or overload
- 3 BE DRIVEN** - supervised group training pushes you to work harder & achieve more than you ever could by yourself

The six foundations of our unique programs

- FLEXIBILITY** Improve soft-tissue quality by foam rolling, static stretching & dynamic flexibility
- MOVEMENT PREPARATION** Mobility, activation & movement proficiency
- POWER** Medicine ball throws & landing technique
- STRENGTH** Functional approach with thorough instruction & progressive overload
- CONDITIONING** Game-ready fitness
- INJURY REDUCTION** Screening & needs assessment to identify & correct movement limitations



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Improving health Building performance Changing lives



Strength & Conditioning Programs

Driving sports performance through peak physical conditioning

**Explosive speed
Power & Strength
Endurance**



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