

EXPLOSIVE ATHLETIC TRAINING

With VertiMax Technology



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Explosive Athletic Training is designed for athletes seeking a competitive edge in **SPEED, EXPLOSIVE POWER** and **VERTICAL JUMP**

Choose **①** of **②** **UNIQUE** Training Programs Designed for **RESULTS**

JUMP TRAINING

① Participants will increase their vertical leap in this program that is guaranteed to add inches to your jump and improve first step quickness. With just 2 recommended exercises, and the help of VertiMax technology, you will be sure to enhance your explosive power and add quickness to your step. This training is recommended for teams of athletes, in which each athlete can perform the exercise in a short period of time. The length of the sessions may vary depending on the amount of participants.

3 sessions per week are recommended. 8 week sessions.
M/T/W/Th/F 3:30 pm • M/W 7:00 pm • Sat 9:00 am
Fees: Facility Member \$113 • Program Member \$200

SPORTS PERFORMANCE TRAINING

② This program is designed to enhance an athlete's performance in a specific sport. Whether it is basketball, soccer, football, or volleyball, the exercises target specific required actions and movements of the sport. With the ability to load up to 8 individual points on the body, VertiMax allows us to design 100's of targeted sports specific drills. This will not only improve the athlete's performance, but will also improve his or her overall fitness level. Sessions are approximately 1 hour long. 8 week sessions.

Ages 11-14: 2 sessions per week are recommended
Ages 15+: 3 sessions per week are recommended
M/T/W/Th/F 4:00 pm • M/W 7:30 pm • Sat 9:30 am

Member Fees:	Ages 11-14	Ages 15+
Individual	\$400	\$600
Group (2 or more)	\$240	\$360

CALL TODAY

INCREASE YOUR PERFORMANCE TOMORROW

Northwest CT YMCA • 259 Prospect Street, Torrington

860-489-3133

VERTIMAX TECHNOLOGY

Vertimax's revolutionary engineering design and patented components allows the athlete to train with resistance in sport specific motions at the speed of the sport. Vertimax provides the greatest speed gain because it trains both the push and pull of the running motion.

Over 70% of Division 1 Universities and several youth athlete programs use VertiMax in their sports programming to help them gain a competitive edge.

"My rebounding has gone up from 10 per game to 18 per game. I'm quicker, and able to stay in front of the player, allowing me more steals."

- **Kayleen**, College Basketball

"Before I did VertiMax I could barely touch the net on the basketball court, and now I was easily getting backboard on all of my lay-ups."

- **Nick**, High School Basketball

FOR MORE RESULTS VISIT

www.northwestctymca.org/ExplosiveAthleticTraining.mov

GET RESULTS

