

Total Performance Training Center Hockey Development Program

1 Free Hockey Treadmill Session



Have your skating mechanics evaluated:

- Skate Faster
- Improve Stamina
- Increase Stride Power
- Skate More Efficiently
- Increase Shooting Velocity
- Lengthen Skating Stride
- Increase Size and Strength
- Outwork your opponent



The Total Performance staff will help to bring your game to the next level using the hockey treadmill, plyometrics/agility, strength training and our shooting and stick-handling area.

Here at Total Performance we train you from the inside out—neurologically, metabolically and biomechanically.



“If you’re looking to take your game to the next level, Acceleration Training is an efficient and effective way to do it. With a knowledgeable training staff and top of the line equipment, you’ll be a step ahead of the competition.”

-PAUL MARTIN - NEW JERSEY DEVILS

Call Gordie or Jim to set up your appointment today

248.669.9818

www.totalsportscomplex.com

www.athleticrepublichockey.com

**TOTAL
PERFORMANCE**
Training Center
a proud member of the
ATHLETIC REPUBLIC™