

## **Sports Performance** **(Strength-Speed & Recovery)**



For the past 11 years we have taken pride in preparing hundreds of athletes for competition. Regardless of your sport, we will prepare you to play injury free and at the top of your game. The GE Sports Performance Program is designed for 12 months per year participation.

Your workout routine is contingent on your sports season: In Season, Post Season or Pre Season. We are a Professional Training Center similar to a Strength & Conditioning program for a Professional Sports Organization. Our program starts with an introduction & assessment in which we will gauge your fitness level. This initial Introduction to GE will enable our professional staff to design a goal based training regimen. At GE we Make Athletes perform better through our Program by training Athletes to be More Athletic and improving your Strength, Speed & Flexibility.

Depending on your Sport, goals & assessment we may suggest Speed Training. Speed Training is a small class on our BackYard Turf field in which we train a specific aspect of Speed: Change of Direction, Acceleration, Linear Speed or Speed & Agility. We also provide a Stretch/Recovery session for an In Season Athlete or someone needing a recovery workout. We will try and cater your GE Training Program to your specific needs to improve your overall Performance.

The Sports Performance sessions are semi private sessions in which you will be training with the GE Team during the hour and in the same workout. When you make a commitment to GE Training we will explain the program we recommend for you. The regiment will be based on your goals and will depend on what season you are in and commitment to your team or sport.

# GE SPORTS PERFORMANCE PROTOCOLS:

## OFF SEASON

Monday: Lower Body  
 Tuesday: Speed (Change of Direction)  
 Wednesday: Upper Body  
 Thursday: Power & Speed (Acceleration)  
 Friday: YardWork – Alt. Strength Bootcamp  
 Saturday: Upper Body & Speed/Agility



## IN SEASON

Monday: Lower Body or Total Body  
 Tuesday: Speed (Change of Direction)  
 Wednesday: Upper Body or Stretch  
 Thursday: Upper Body Or Speed (Acceleration)  
 Saturday: Stretch or Total Body



The “ALL IN” Sports Performance Athlete’s Summer routine will be comprised of the top schedule. Our Winning Formula has been developed after 30 years of experimenting & experience training athletes. We have designed the GE Program so it is specific for ALL Athletes while micromanaging your program for you. Our results are proven by our Athlete’s success with a minimal history of injury.

The “In Season” Athlete or Baseball, Softball, Lacrosse, Volleyball player in the Summer will perform the latter. Often times it will be a 2-3 day routine dependent on availability in their schedule and need. At the college and pro level, training is an essential part of an athlete’s daily routine. At Good Energy Training our Staff introduces you to what it will take to play at a higher level. We prepare you to play at your Best now, this is the GE Advantage.

