

WHAT IS SAQ-SPORTS PERFORMANCE TRAINING?



BALANCING STRENGTH-CENTERED TRAINING WITH SPEED AND AGILITY TECHNIQUE, NOT ONLY IMPROVES MUSCLE RESPONSE TO THE UNPREDICTABLE MOVEMENTS OF AN ATHLETE, BUT ALSO TRIGGERS THE DEEP NEUROMUSCULAR SYSTEM TOWARD INCREASED FUNCTIONALITY AND COORDINATION. THE COMBINATION OF THESE TWO PRINCIPLES TAKE AIM AT UNTAPPED POTENTIAL, INJURY PREVENTION, AND PEAK PERFORMANCE.

Sports Improvement

SA Adler



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