



PERFORMANCE TRAINING WORKSHOPS

HammerBodies **HSP** is proud to offer an extensive series of “Hands-On” and highly customized training workshops, each designed to provide expert information & insight, as well as hands-on participation, performance drills, and analysis related to a specific element of performance athleticism. Each workshop can be done on-site at your location, and a group of 10 athletes per workshop is recommended to maximize individual attention, participation and retention.

At HammerBodies **HSP**, customization is the core of everything we do – and our workshops are no different. Although each workshop below lists a ‘foundation’ agenda, a customized curriculum will be developed based on a pre-workshop interview with the team’s/group’s coach to identify key performance needs and goals.

The goal? To ‘Educate’, ‘Equip’ & ‘Empower’ your team for maximum performance!

<p>SPEED MECHANICS</p> <ul style="list-style-type: none"> • Postural Alignment/Core Stabilization/Balance • Arm Angle/Recruitment for Increased Hip Turnover • Deceleration/Acceleration Relationship • Triple Extension & First-step Explosion • Cycling & Stride Length <p align="right">“Hands-On” Instruction</p>	<p>STRENGTH FOR SPORT</p> <ul style="list-style-type: none"> • Core/Postural/Rotational Strength Relationship • Posterior Strength/1RM Bench Press Relationship • Breathing, Pace & Tempo Control • Extension & Flexion • Functional, Position-Specific Strength <p align="right">“Hands-On” Instruction</p>
<p>COMPREHENSIVE CORE & STABILITY</p> <ul style="list-style-type: none"> • Positional Mechanics & Breathing Patterns • Linear & Rotational Posture, Stability & Alignment • Core Training For Balance, Speed & Power • Frequency, Duration & Repetition <p align="right">“Hands-On” Instruction</p>	<p>PERFORMANCE PLYOMETRICS</p> <ul style="list-style-type: none"> • Warm Up, Lead-Up Drills & Breathing Patterns • Positioning, Postural Alignment & Weight Distribution • Learn to Land <i>then</i> Jump! Jump! Jump! • Jumps, Throws & Explosive Force <p align="right">“Hands-On” Instruction</p>
<p>OLYMPIC LIFTS & EXPLOSION</p> <ul style="list-style-type: none"> • Preparation, Breathing Patterns & Positional Mechanics • High Pulls, Power Snatch, Split Jerk, Hang Cleans • Pulling, Squating & Pressing for Maximum Performance • Coordination, Repetition & Speed <p align="right">“Hands-On” Instruction</p>	<p>FLEXIBILITY & RANGE-OF-MOTION</p> <ul style="list-style-type: none"> • Posture, Positioning & Breathing Patterns • Stretching for Speed & Power • Stretching for Injury Prevention • Dynamic, Static Active & Static Passive Flexibility <p align="right">“Hands-On” Instruction</p>

About HammerBodies HSP

HSP is the sports performance division of HammerBodies Custom Fitness. Based on a commitment to athlete-specific customization and a proprietary GameSpeed training system, **HSP** builds better athletes, one customized performance training program at a time. No two programs are alike because no two athletes are alike. For more information, please visit www.hammerbodies.com.

Contact HammerBodies HSP today for more info! 314-567-3797