



Excelsior Orthopaedics Sports Performance

CYCLIST PERFORMANCE PROGRAM

» AT FLASH FIELDS «



STAY IN THE GAME, AND TRAIN WITH THE BEST!

Looking to enhance your offseason training? Maximize that opportunity and set yourself up for success in the upcoming year with Excelsior's cycling-specific performance strength program!

Our 16-week program begins Fall 2025

- Pre-testing [Session 1]: Tuesday, October 21, 6:30pm-7:30pm
- Regular program [Sessions 2-15]: Every Tuesday, 6:30pm-7:30pm
 - **Holiday exceptions: No class on December 23 or December 30*
- Post-testing [Session 16]: Tuesday, February 3, 2026, 6:30pm-7:30pm

This program includes pre/post testing to determine individual strength and flexibility needs and measure progress. The program will focus on increasing lower body strength, power, and explosiveness along with core strengthening and mobility drills.

**Designed by certified strength and conditioning specialists, athletic trainers and physical therapists to ensure proper technique and injury prevention*

PROGRAM COST: \$350
(\$25/session, including testing)



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