



Excelsior Orthopaedics Sports Performance

CYCLIST PERFORMANCE PROGRAM

» AT FLASH FIELDS «

STAY IN THE GAME, AND TRAIN WITH THE BEST!

IF YOU ARE LOOKING TO MAXIMIZE YOUR POTENTIAL IN THE UPCOMING CYCLING SEASON, WE'VE GOT YOU COVERED!

WE WILL KICK OFF OUR 8-WEEK PROGRAM WITH COMBINE-STYLE TESTING ON MARCH 8, 2025 AT 11:00 AM WITH TRAINING SESSIONS BEING HELD ON TUESDAY NIGHTS AT 6:00-7:00PM. THE PROGRAM WILL CONCLUDE WITH COMBINE-STYLE TESTING ON MAY 3, 2025 AT 11:00AM.

THE PROGRAM WILL FOCUS ON INCREASING LOWER BODY STRENGTH AND EXPLOSIVENESS AS WELL AS CORE STRENGTH. CYCLING SPECIFIC MOBILITY AND FLEXIBILITY WILL BE INCORPORATED TO REDUCE RISK FOR INJURY DURING YOUR COMPETITIVE SEASON.

PROGRAM COST: \$180
(\$18/session including testing)

Scan the QR to sign up!

