



150 Hollydell Dr. Sewell, NJ 08080 Phone: (856) 498-8181 www.goingverticalsj.com
info@goingverticalsj.com

LOOKING FOR THE COMPETITIVE EDGE?

We're on the cutting edge of Sports Performance Enhancement Training

- See Dramatic Improvements
- Multiple programs available
- Flexible hours accommodate the individual schedules of all athletes

SPEED

Speed training is executed on a high-speed super treadmill. Athletes improve speed by incorporating efficient running form into the most advanced and effective running techniques: incline sprinting and interval training.

POWER

Plyometrics is the primary tool used to increase an athlete's power. Training includes foot speed drills to improve quickness, speed and coordination. Plyometric drills will increase explosiveness and vertical jump.

AGILITY

Agility training takes place on the area's only Trazer; state-of-the-art, interactive movement system. This apparatus is designed to increase coordination, balance, reaction time, and acceleration.

Call to Register for **Free** Athletic Testing For Individuals & Teams

Register & work out as a team – Contact a representative for special pricing