

# The Making of an Athlete



## Sports Conditioning Includes:

### *Pre & Post Testing*

- Max push up test*
- Illinois Agility Test*
- Vertical Jump Test*
- 40 yard dash*

Once the assessments are completed, the program will be created by a Performance Enhancement Specialist with help from the licensed Physical Therapists and Athletic Trainers

The facility can be used ANYTIME during the 6 weeks for fitness independence work & is always staff supervised

**\$249.00**  
*2 x per week for 6 weeks, Scheduled for 1 on 1*  
**\*\* Team Discounts Available\*\***

Contact [dougbradyptw@gmail.com](mailto:dougbradyptw@gmail.com) or [marykate.doyle@ptwinstitute.com](mailto:marykate.doyle@ptwinstitute.com) for more information!



### Seven Convenient Locations!

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