

Sportsmetrics™ Formal Training

Sportsmetrics™ Techniques and Training is the foundation upon which sports specific skills are built. Training builds from technique development to performance enhancement. This six week program was scientifically proven to significantly reduce the risk of serious knee injuries in female athletes, while improving hamstrings to quadriceps strength ratio and jumping height. It combines a dynamic warm up, plyometrics, strength training and flexibility.

- 1. Dynamic Warm-up: (5 minutes)** Prepares the body with functional based activities that use sport specific motions. It raises core body temperature, increases blood flow to the muscles and improves flexibility, balance and coordination.
- 2. Plyometrics/Jump Training: (30 minutes)** Plyometrics, the core of the Sportsmetrics™ program, are used to focus on correct jumping technique and are divided into three two week phases. Each phase has a different training focus and the exercises change accordingly. Plyometrics develops muscle control and strength that are critical for reducing the risk of knee injury and increasing jump height.
- 3. High Intensity Strength Training: (30 minutes)** With emphasis on body alignment and form, Sportsmetrics™ provides structured (yet adaptable) strength training guidance. This section focuses on development of core strength and improving overall muscular efficiency. This can be done with or without equipment or free weights.
- 4. Flexibility Training: (10 minutes)** Stretching is essential to achieve maximum muscle length, allowing muscles to work with power through complete range of motion. This is important for decreasing injury and post-training muscle soreness.

Sportsmetrics™ can be instructed by a certified Sportsmetrics™ instructor in a group or one-on-one. It can also be done using the Sportsmetrics™ Techniques and Training Instructional Videos and Manual.

The Sportsmetrics™ Techniques & Training Instructional DVD and Manual are available for \$55.