

CHICAGO HAWKS HOCKEY



CHICAGO HAWKS HOCKEY CLUB AND GET FAST- ATHLETIC REPUBLIC WILLOWBROOK HAVE TEAMED UP TO HELP OUR ATHLETES UNLEVEL THE PLAYING FIELD AND MAKE SURE WE DOMINATE OUR COMPETITION. THEY HAVE OFFERED US A DEAL THAT WE JUST COULD NOT PASS UP! IF YOU ARE UNSURE HOW GET FAST OPERATES, CALL AND SET UP YOUR FREE TRIAL TODAY!

Hawks Package Specials

10 sessions for \$299.00

Or

10 sessions for \$250.00 (exclusive for groups of 5+)

****All packages include 4 Hockey Treadmill, 3 Backpedal Treadmill and 3 Plyometric sessions**

SESSION DESCRIPTIONS:

HOCKEY TREADMILL SPEED TRAINING

The hockey treadmill creates the perfect ice-like surface, designed to train you from the inside out—neurologically, metabolically and biomechanically—so that you can become a more efficient skater. Hockey Treadmill tilts from 0- to a 32-percent grade and can operate at speeds over 16 miles per hour, creating a perfect environment to improve your skating and efficiency. And with the added integration of our cord technology and advanced video technology, you'll hear, feel and see that difference.

PLYOMETRIC (AGILITY)

Plyometric training brings what every athlete needs more of - agility, balance, power and strength. The application of ladder drills, Plyo Boards, depth jumps and the patented Plyo Press to every Plyo session creates a dynamic and safe environment for the athlete. The Plyo Press machine brings the leg press exercise to a whole new level by having the athlete jump and press on the same machine. By adding this variable to the workouts the athlete's vertical jump has shown dramatic improvement over an 8-week program.

RETROGRADE TREADMILL (BACKPEDAL)

A reverse form of the forward running treadmill on the Generation II Super Treadmill, the Retrograde Treadmill is designed to enhance overall lower body strength with focus on muscles used for explosive power in sports; quadriceps, hamstrings, gastrocnemius, soleus muscles. The Retrograde treadmill will also aid in strengthening all muscles, tendons and ligaments in the core of the knee and ankle.

FOR MORE INFORMATION OR TO SET UP A FREE TRIAL PLEASE CONTACT SITE DIRECTOR MATT ANZA:

GET FAST- ATHLETIC REPUBLIC WILLOWBROOK
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