



Limitless Fitness LLC
 Patra Acquaviva, MS, CSCS
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Patra graduated from Rutgers University with her Bachelors in Exercise Science and Psychology. She is an accomplished high school soccer and lacrosse player, and was a member of the Rutgers Scarlet Knights Division I Women’s Lacrosse Team. After graduating Rutgers, she completed her Masters in Exercise Science with a focus in Injury Prevention and Performance Enhancement. She is an NSCA Certified Strength and

Conditioning Specialist and NASM Performance Enhancement Specialist with ten years of training experience. Her past athletes are of the recreational, competitive, collegiate, and professional levels.

Patra Acquaviva is the **Strength and Conditioning Coach for Sky Blue FC**, the internationally respected women's professional soccer team of NJ. She provided the team with their strength and conditioning needs throughout the 2015 and 2016 seasons.

www.LimitlessFitnessNJ.com

Group Training

- Groups of 2-5 participants
- 1 hour sessions
- Workouts specific to group’s goals
- Workouts are tailored to accommodate each individual’s level

Strength and Conditioning

- Sport specific strength training
- 1 hour sessions
- Focus on strength , power, and injury prevention
- Offered in one-on-one or small groups (2-4 athletes)

Speed and Agility

- Sport specific speed training
- 1 hour sessions
- Maximum of 10 athletes per group
- Focus on acceleration, stopping, and cutting technique
- Includes core strengthening and injury prevention training

Team Training

- Dynamic warm-up education
- Injury prevention techniques
- Team speed and agility
- Conditioning sessions
- Performance testing

For more information or to schedule a training session, contact:

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