



ALL SPORT PREMIER

SPORTS PERFORMANCE TESTING AND EVALUATION

Friday, November 8 at 5pm

All Sport Premier is offering a **comprehensive Postural, Movement, and Performance Assessment** to provide athletes with valuable insights into how they can optimize performance and minimize the risk of injury. By evaluating each athlete's unique needs and abilities, we can accurately determine the most appropriate training level, ensuring a safe and effective program tailored to their goals.

This assessment helps identify your strengths, weaknesses, and functional capabilities, allowing our expert coaches to guide you toward achieving peak performance. The process is designed to unlock your full potential, no matter what sport you pursue.

Evaluation Includes

- Dynamic posture and joint alignment
- Muscle imbalance identification
- Strength assessment
- Agility and quickness tests
- Speed analysis
- Power measurement
- Balance evaluation

LEARN HOW TO EARN IT WITH ALL SPORT PREMIER PERFORMANCE TRAINING

FOR MORE INFORMATION OR TO REGISTER,
PLEASE CONTACT SKYLER AT SKYLER@ALLSPORTHEALTHANDFITNESS.COM.