

## Training Programs

The Sports Performance Enhancement Program at Paradigm caters to all sports and every type of athlete. Highlights include:

Functional Strength Training  
Proper Muscle Activation  
Flexibility  
Plyometrics  
Acceleration Training  
Speed Training  
Agility Training  
Multi-directional Training  
Core Strengthening  
Explosiveness

Training the body to perform at a higher level on the field requires a physical and mental edge enabling athletes to have an advantage over their opponents.

Belief  
Character  
Commitment  
Dedication  
Determination  
Mental Preparedness  
Sacrifice  
Reward

Learn more at:  
[paradigmpt.com/sports](http://paradigmpt.com/sports)

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# Sports Performance Enhancement Program



**PARADIGM**  
PHYSICAL THERAPY  
& SPORTS SCIENCE CENTER



