



The Higher Power Training Center utilizes a magnitude of sports specific training methodologies to take an athlete from average to exceptional. We train you to go beyond routine performance; **we train you to be a champion.**

The Higher Power Advantage

The HPT team has worked with athletes from pee wee to the professional level. Unlike many current trainers in the area, we are a team of professionals. Although some trainers today earn their certification in a few hours online, all of our trainers have distinguished their educational experience by earning degrees in exercise science, even at the master's level. Our certifications are the most distinguished and difficult to obtain. Several of our staff are certified strength and conditioning specialists through the National Strength and Conditioning Association (www.nscs-lift.com), and we have the only certified Poliquin Performance International Coaches and Biosignature Modulation Coaches in Minnesota.



Special Offers

Lacrosse Sports Performance Training

Date: January 19th–March 13th (24 sessions)

Time: 4:30 pm

Days: Monday-Wednesday-Friday

Cost: As low as \$20/session! Price based on group size.

Contact: Brad@higherpowertraining.com or Jason_hpt@msn.com

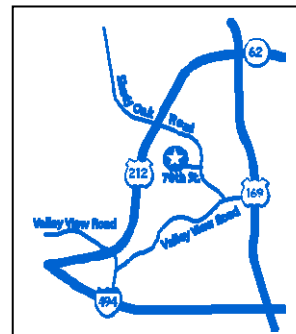
Call or stop in today! Bring in your teammates and we can find a time and day that works with your schedule!



Sports Performance Training Philosophy

Lacrosse Specific Training

- Treat each athlete as an **individual**
- The number one purpose for training is to injury reduction and prevention (especially the ACL and ankle): an injured athlete cannot compete
- Assess the athletes: strength, power, speed, agility, quickness, flexibility, and reaction time
- Evaluate progress and adjust the training program accordingly
- Develop optimally for soccer: strength, power, speed, agility, quickness, flexibility, and conditioning
- Optimize eating strategies to fuel performance
- Emphasize quality training more than quantity training
- Optimally condition the energy systems involved in lacrosse-skill is masked by fatigue
- We are committed to our reputation of results. We do this by staying on the cutting edge of training by attending several seminars yearly and researching new scientific literature.



HIGHER POWER TRAINING
10360 W. 70TH ST.
EDEN PRAIRIE, MN 55344
CLUB: (952)942-6320
WWW.HIGHERPOWERTRAINING.COM