

## The EP Training System

# TRX®

Suspension Training®

Born in the U.S. Navy SEALs and developed by Fitness Anywhere, Suspension Training is a revolutionary method of leveraged bodyweight exercises.

# KEISER®

Keiser began more than 30 years ago in the training of world class athletes. Keiser allows for training the two components any human movement 1 the force you produce, and 2 the speed at which you produce it.

# FMS®

Functional Movement Systems

FMS is a ranking and grading system that documents movement patterns that are key to normal function. By screening these patterns, the FMS readily identifies functional limitations and asymmetries, that can lead to deficits in performance and injury.

### TRIGGER POINT PERFORMANCE THERAPY

A self myofascial release system that makes workouts more effective and efficient while speeding recovery and preventing injury. From weekend warrior to elite athlete, it prepares muscle tissue to tolerate the demands placed upon it.

### iMETT - Training Plans, Not Just Test Results

The iMETT takes training to the next level by utilizing an individual's actual V02 submax test results to automatically create customized personal workouts and progressions. Other systems stop at only reporting these test results, leaving the user or trainer to try to figure out how to apply this data themselves.



## Visit one of these EP Training Sites:

### Bethesda Sport&Health

4400 Montgomery Ave.  
Bethesda, MD | 301-758-9063

### Brambleton Sport&Health

42365 Soave Dr.  
Brambleton, VA | 240-876-3809

### Northwest Sport&Health

4001 Brandywine St., NW  
Washington, DC | 240-529-4241

### Gainesville Sport&Health

7201 Heritage Village Plaza  
Gainesville, VA | 703-753-1818

### Regency Sport&Health

1800 Old Meadow Rd.  
McLean, VA | 703-556-6550

### Rio Sport&Health

9811 Washingtonian Blvd  
Gaithersburg, MD | 301-258-5100

### Tysons Sport&Health

8250 Greensboro Dr  
McLean, VA | 703-442-9150

### Worldgate Sport&Health

13037 Worldgate Dr  
Herndon, VA | 703-677-0817

For more information please contact Kevin Boyle  
at 703-297-9266 or email [kboyle@sportandhealth.com](mailto:kboyle@sportandhealth.com).

**sport&health**  
sportandhealth.com



at **sport&health**



**BETTER TRAINING,  
BETTER ATHLETES.**

703-709-6584 • [sportandhealth.com/EP](http://sportandhealth.com/EP)



## About Explosive Performance

Unlock your potential with professional athletic training.

Explosive Performance (EP) has been providing the highest level of training since 1997, designed to enhance and improve every aspect of an athlete's performance. EP specializes in improving the ability to react quicker with bursts of explosive speed and power, which is an asset for any sport. EP was recently recommended by the NFL players association to work with its athletes along with only 5 other programs in the entire nation.

*\*Recommended by the NFL Player Association.*

## Improve Your Skills

- Speed
- Quickness
- Vertical Jump
- Strength
- Core Stabilization
- Overall Athletic Ability
- Agility
- First Step
- Acceleration
- Power
- Joint Stabilization
- Confidence

## EP Programs

EP programs focus on the fundamentals of speed, agility and quickness. The foundation of training comes from addressing the athlete's functional limitations then addressing them through corrective exercises and core strengthening. Proper footwork and body positioning are taught in separate linear speed and multi-directional speed sessions. More advanced programs include strength training and power development using Keiser and Vertimax equipment.

### EP YOUTH

#### EP SAQ Ages 9 - 11

A basic speed, agility & quickness program to train young individuals to improve as athletes by focusing on coordination, form and technique.

#### EP Specialized Ages 12 - 15

This speed, agility & quickness program adds specialized strength training to help prepare the athlete for more advanced competition, while developing the athlete's confidence.

#### EP Summer Camps 9am-12pm; Monday - Friday

These camps are great for pre-season team training and for individual athletes that want to focus on all aspects of their performance.

### EP ELITE

#### Elite Ages 16 - 18

This advanced SAQ program is tailored to the high school athlete. It combines speed, agility and quickness with sport-specific training.

#### College Elite Ages 19 - 22

This program trains college athletes pre-season and off-season at a higher level of intensity and strength to prepare them for their upcoming season.

#### Football Combine Training Ages 14 - 22

This program trains high school and college athletes to become more powerful, efficient and confident for the football combines/tests.

#### EP Adult Ages 18+

Athletes of all ages will benefit from training their core strength, functional range of motion, and power with our expert trainers. From former college and pro athletes, to triathletes, to weekend warriors the Adult EP programs train you to gain an edge on your competition while preventing injuries and sports/training related aches and pains.



### EP Sports Bootcamp

Includes circuit training, core balance training and more in a bootcamp format. **Visit [explosiveperformance.com](http://explosiveperformance.com) for class information and schedules.**

### EP Travel Training

You can have one of our expert trainers come to you and take over your team's practice. Our system, equipment and knowledge base allow us to effectively and efficiently train any team in off-site locations.



For more information contact:

**Kevin Boyle**

Phone: 703-709-6584

Email: [kboyle@sportandhealth.com](mailto:kboyle@sportandhealth.com)