



THE ASP ATHLETE ADVANCEMENT PROGRAM



AUSTRALIAN
STRENGTH
PERFORMANCE

Our Athletic Advancement Program expertly combines five core disciplines crucial to athletic excellence

POSITIVE PSYCHOLOGY

We believe that a strong mind precedes a strong body. That's why we feel it is important to first create a positive and strong mental framework that will set the foundation for physical success.

Our system expertly combines the disciplines of Positive Psychology, Neuro-Lingistic Programming and Ericksonian Hypnotherapy to empower each athlete in overcoming their mental limitations both on the field and in the gym.

POSTURAL OPTIMISATION

Our athletes undergo a comprehensive series of postural and functional movement analyses designed to identify problem areas such as:

- Power vs Strength Ratios
- Sports Specific Strength, Speed & Power
- Muscle Fiber & Twitch Type Composition
- Structural Weaknesses
- Faulty Movement Sequencing
- Compensatory Mechanisms

The information serves as a blueprint for designing programs that will facilitate optimal mechanics of movement for specific activities and sports. The result is athletes who are well-balanced, stronger and less prone to injury

PERSONALISED NUTRITION & SUPPLEMENTATION

Sports specific nutrition and supplementation is vital for athletic performance, rate of recovery, and ability to adaptively improve.

Our athletes undergo BioPrint assessments. The program regularly monitors each athlete's body composition, hormonal levels, dietary and supplementation needs as well as other lifestyle factors such as stress and sleep. Based on this assessment, recommendations will be specifically and tailored personally to produce optimal performance and recovery during different training phases, off-season and on-season.

PERFORMANCE ORIENTATED PROGRAMS

Our training programs are undergirded by scientific principles and techniques used by top Olympic coaches and are designed to make the athletes stronger and excel in their sport. Each training cycle is highly individualised for the athlete and periodised to effectively taper towards the competitive season. This ensures an effective strength carryover into their sport and on-field position. We engage a variety of training techniques all aimed at producing a better 'on-field' performance. These include:

- Functional Hypertrophy
- Neuromuscular Overload Techniques
- Modified StrongMan Training
- Olympic Lifting & Variations
- Plyometric Variations

PROLONGED SUSTAINABILITY

Our programs ensure that the strength gained by the athletes effectively translates into better performance within their sport, and allows them to maintain that higher level of performance throughout the playing season.



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Learn more at www.trainasp.com.au or call
us at +61 3 9038 8008 for more details