

# Power<sup>2</sup>

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## Athletic Performance<sup>®</sup>

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# Strength & Power

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Strength and Power is a 6 week program for boys and girls ages 13-18. This program is specially designed by our nationally Certified Strength and Conditioning Specialists<sup>®</sup> to improve total body strength and power for athletes in any sport.

### Building a Foundation

Developing athleticism begins with building a foundation of strength. Athletes with higher levels of strength are less likely to become injured and recover from unexpected injuries faster. Overall, strength is the base for developing power, speed, agility and quickness.

### Technique Training

Learn how to correctly perform athletic strength training techniques in a controlled environment from experienced, Certified Strength and Conditioning Specialists<sup>®</sup>. From the basics of lower body exercise to the complex actions of the Olympic style lifts, our coaching staff will guide you through a safe progression for getting the most out of each exercise.

### Strength Training

Whether you're a beginner or have been strength training for years, you'll find our approach to athletic strength training appropriately challenging and rewarding. The seasoned strength coaches of Power<sup>2</sup> Athletic Performance will create a personalized program for you using free-weight, athletic strength exercises and drills. You will learn how to correctly perform Olympic style lift variations and a variety of squatting, pressing and pulling movements designed to improve your performance on the field of competition.

### Power Training

Develop whole body power using our innovative, multidirectional power training program. You will improve your lower body power and increase your vertical jump through progressive jump training drills as well as create upper body power using medicine balls and other exceptional exercises.

### Other Training Options:

- Individual Training
- Team Power Sports Training
- 20 week Total Performance Training
- Speed & Agility Training

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