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# ATHLETIC REPUBLIC™

## FALL PRESEASON BASKETBALL TRAINING



*IMPROVE YOUR SPEED, STRENGTH AND AGILITY USING  
OUR UNIQUE TRAINING METHODS*

**TRAINING ON OUR:**

- **SUPER RUNNING TREADMILLS** (REACH SPEEDS OF 28 MPH AND A 40° INCLINE)
- **PLYO PRESS MACHINE** (BUILD LEG STRENGTH AND QUICKNESS)
- **WEIGHT ROOM**
- **PLYOMETRIC FLOOR** (MAXIMIZE QUICKNESS AND EXPLOSIVENESS)
- **CORD TRAINING**

**START PREPARING FOR BASKETBALL SEASON  
THIS FALL! CALL **ATHLETIC REPUBLIC** TODAY**

UNLEVEL THE PLAYING FIELD.

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