

## **Strength & Conditioning**

The philosophy of Apex Soccer's strength program is based on individual development and progress through soccer specific exercises. The number one priority of our program is focused on injury prevention through proper technique instruction, which is followed by strengthening of the essential muscles used by the soccer player. All training is programmed with respect to each individual's ability level that corresponds to biological age and pubescent development. Many soccer players have never had the opportunity to step in the weight room. Apex Soccer gives players that opportunity with a top strength program adapted from collegiate weight rooms.

### **Benefits**

1. Injury Prevention
2. Performance Enhancement
3. Body Development (In Balance)
4. Rehabilitation
5. Overall Health

Please contact Apex Soccer for further information:  
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