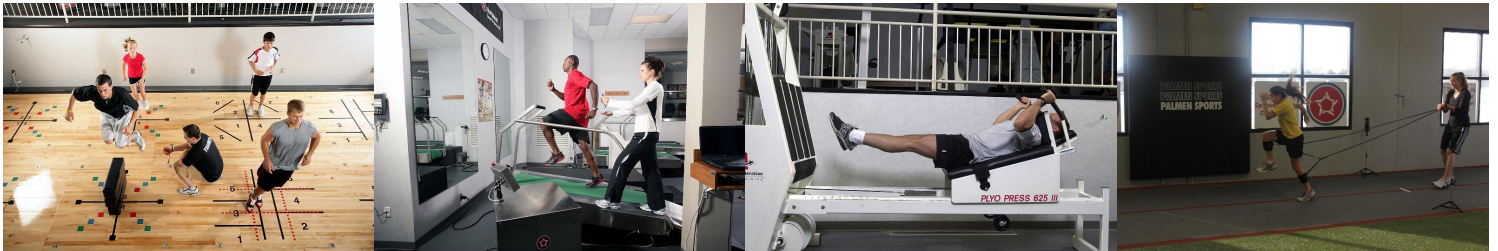


ATHLETIC REPUBLIC™



Athletic Republic Libertyville Newsletter

May, 2010

Dear Athlete,

Come in to see our new products for the summer! Sign up for a package before June 1, 2010 to lock in current pricing. New pricing effective June 1st!

Take advantage of our May 1/2 price pre-test or post-test. Evaluation of power, speed, strength and agility.

Sincerely,

Jon Palmen
Athletic Republic Libertyville
847-362-5700
www.palmensports.com
info@palmensports.com

IN THIS ISSUE

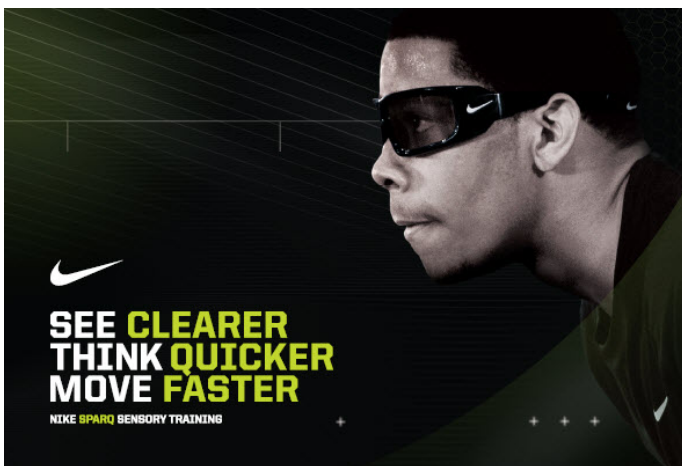
[Nike SPARQ Sensory Training](#)

[Warm up Throwing Cord](#)

[Compex Muscle Stimulator](#)

[New Athletic Republic Partnerships](#)

Nike SPARQ Sensory Training



NO MATTER HOW STRONG OR FAST YOU ARE, IF YOU AREN'T IN THE RIGHT PLACE AT THE RIGHT TIME, YOU AREN'T GOING TO MAKE THE PLAY.

Nike is combining its latest innovation in training, Nike SPARQ Sensory Training, with Athletic Republic's science-based approach to performance training!

Nike Strobe can help enhance sensory skills by taking away varying amounts of visual information you use to make decisions about when and where to react. Just as sprints can increase your speed and plyometrics can build explosive power and agility Nike SPARQ Sensory Training can enhance your sensory skills. It identifies skills like depth perception, reactions time and eye hand coordination which can improve

your game. Then train with Nike strobe in sport specific drills to improve sensory skills to see clearer, think quicker, and move faster.

What does this mean on the field?

Football receiver: better concentration, more accurately judging the flight of the football, and then making more

quality catches.

Hockey goalie: visually picking up the puck quicker and reacting faster to make the save.

Soccer: better skills at judging the distance and timing of the ball in order to get more steals, better first touches or completing the perfect pass.

Baseball/softball: visually picking up the path of the ball to have more efficient contact with the bat for more powerful results.

Warm Up Throwing Cord



Helps athletes gain a competitive advantage

- Reduce warm up time
- Reinforce correct mechanics
- Strengthens critical throwing muscles
- Year round training solution
- Varisty and Pro resistance levels

AVAILABLE FOR PURCHASE NOW!

Compex Muscle Stimulator



Electrical Muscle Stimulation (EMS) reproduces the body's natural process of voluntary muscular contractions with "optimal" electrical impulses. Below are some of the benefits for athletes of the Compex Muscle Stimulator:

Active Recovery: Produces a muscle twitch. Clears lactic acid, increases blood flow, promotes muscle relaxation and enables a faster recovery.

Recovery Plus: Produces a muscle twitch. Runs at a lower frequency and clears lactic acid, increases blood flow and promotes muscle relaxation when

muscles are fatigued after a vigorous workout or competition.

Pre-Warmup: Produces a muscle twitch. Runs at a low frequency and increases blood flow and oxygenates the muscles prior to a workout or competition.

Massage: Produces a muscle twitch. Runs at the lowest frequency possible to relax muscles that are severely fatigued after a workout or competition.

PADS AVAILABLE FOR PURCHASE!

New Athletic Republic Partnerships



EAS Myoplex ready to drink shakes
EAS Myoplex Strength bars



Providing quality clothes at quality prices with the Athletic Republic logo on it. Clothing will be available to the athletes and the families of the athletes!!

www.eastbay.com

This is Where Athletes that Give 110% Get the Extra 10%

Sincerely,

Jon Palmen
Athletic Republic Libertyville
847-362-5700

www.palmensports.com

info@palmensports.com



**Free
Trial**

Come in for a free 60 minute speed interval training session! Train with our experienced sports performance coaches and let them evaluate the mechanics of your running form. A \$30.00 value!

Offer Expires: July 31, 2010

[Forward email](#)

 **SafeUnsubscribe®**

This email was sent to jp@palmensports.com by jp@palmensports.com.

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Athletic Republic | 1950 N. Hwy 45 | Libertyville | IL | 60048