

Athletic Republic is the culmination of over 20 years of research and relentlessness, where thousands of athletes have benefited from our performance sports training programs to gain more than just a step on the competition. The following are five unique attributes which provide athlete's with the **Athletic Republic Advantage.**

[Test - Teach - Train]

At Athletic Republic we believe the foundation of success comes through our TEST-TEACH-TRAIN approach to an athlete's development. We provide the athlete with solutions on how to become a faster, quicker and more intelligent athlete.

We TEST every athlete in order to establish a performance baseline and identify areas of opportunity for improving speed, power, agility and reaction time. Then we TEACH the movement skills required to excel at a sport or specific position, following many of the same techniques used by top professionals and Olympians. Finally, we TRAIN you with the most scientifically-proven program using our patented equipment, individualized training protocols and video analysis technology to provide every athlete with an experience designed to deliver improved game-day performance.

[Proven Results]

Athletic Republic has received six patents on its training equipment and developed more than 4,000 training protocols to challenge the development of every athlete and any sport. The eight-week / 24-session training programs have documented* average performance improvements of: 0.2 - 0.4 seconds in the 40 yard dash – which equates to 6' of separation from a competitor; 4" of vertical jump height; 5 mph in throwing velocity; and impressive gains in running and skating efficiency and stamina. [*study conducted with college athletes]

[Individualized Training]

Athletic Republic offers pre-season, in-season and off-season training programs for athletes - regardless of age or position. Whether you are a receiver, goalie, forward, libero, catcher, sprinter or lineman our individualized small group training can improve your game (trainer to athlete ratio of 1:50).

[Performance Sports Trainers]

Athletic Republic's performance sports trainers have been certified to deliver our science-based training, taking athletes safely past their limits in a controlled and well-supported environment to achieve performance improvements.

While many trainers hold degrees in exercise science, physiology or kinesiology, have had success as a collegiate or professional athlete and/or coached youth, club or high school teams, each trainer is committed to helping every athlete reach their full potential. It is a tribute to the power of the training program, the commitment of our trainers and the dedication of the athletes, that over the past five years, athletes training in Athletic Republic centers have earned more than \$315 million in college scholarships.

[The Republic]

Athletic Republic's 160 performance sports training centers in the United States, Canada, Japan, UK and Russia have trained more than 800,000 athletes over the past two decades, including 75,000 athletes this past year – 77% were between the ages of 11 and 18 (median age: High School Junior).

The centers have trained some the most outstanding athletes:

Toby Gerhart	Shannon Boxx
Larry Fitzgerald	Heather Mitts
Darren McFadden	Ogona Nnamani
Brandon Meriweather	Brett Hull
Randy Moss	Pascal Dupuis
Anthony Munoz	Pavel Datsyuk
LaMarr Woodley	Travis Hafner
Angela Ruggerio	Cal Ripkin

PLUS, 500 professional football players, 500 NHL players and athletes from MLB, NBA, MLS and the Olympics.