

# HARDCORE

ELITE SPORTS  
PERFORMANCE



THE LATEST TECHNOLOGY AND  
SCIENTIFIC RESEARCH TO  
**DEVELOP PEAK PERFORMANCE**

Our team of sports medicine physicians, physical therapists, exercise physiologists, certified trainers and our registered dietitian created *HARDcore* with our athletes. It will unlock your athletic potential and give you the competitive edge needed to crush the competition.



[www.RejuvMedical.com](http://www.RejuvMedical.com)

**REBUILD. RESTORE. REJUV.**

# DEVELOP YOUR **STRENGTH**

Every individual athlete and sport has specific needs. The *HARDcore* team has analyzed the needs of each sport and will use pretesting results to create a unique program for each athlete. A lean, fast and powerful body is half the battle. We also target the mental aspects of training and competition so you can outwit your competitors. Our mission is to maximize your potential in mind and body so you will have the *HARDcore* edge you need to succeed!



**AGILITY**  
**BALANCE** AND

“ We combine traditional weightlifting techniques with creative total body exercises to simulate muscle firing needed for sports performance. ”

INCREASE  
**POWER**

## **HARDcore** program entails:

- Individual pre-testing to screen body vulnerabilities for injury prevention
- Statistical testing in speed, strength and agility will track athletic progress
- 3 days per week of 1 hour training sessions with an Exercise Physiologist, Athletic Trainer and Strength Conditioning Coaches
- Off-day training programs tailored to the specific needs of each athlete
- Prehab training designed by Physical Therapists to prevent injuries
- Nutritional seminars with a Registered Dietitian to maximize sports potential
- Motivation and accountability in a team building environment
- Sport specific tailored to the needs of each athlete
- Training athletes of all ages and levels of fitness

BUILD  
**ENDURANCE**

**GET STARTED TODAY!**

**320.281.5100**

WE LOOK FORWARD TO HELPING YOU  
CRUSH YOUR COMPETITION.