



"Rejuv's *HARDcore* off-season training program has increased my muscle mass, explosiveness, and speed. These increases of strength and speed are great, however there is way more to the programs than that." Says Tech's starting Quarterback, Chris Backes.

Three results better than muscle mass, explosive power, and speed.

"For the past two years, I have been training with Rejuv Medical's Sport-Specific Strength and Conditioning Program, known as *HARDcore*, and it has been my best experience with any workout program." Backes continues. But here is what makes *HARDcore* the best program according to this young starter...

1. Warming up goes beyond a stretch and a jog.

"*HARDcore* helped me understand the importance of properly warming up and preparation before lifting. Before I thought warming up was just static stretching or going for a light jog, but now I know it is important to do movement and flexibility specific warm-ups to prepare for a workout." Says Backes.

2. Bigger isn't always better, but proper form will transform!

"...Lifting is more than just 'getting up' big weight. The importance of technique is probably the most important thing I have learned from lifting with the *HARDcore* program. By developing the proper forms for lifts really helps me when I return to my high school and lift, or when I am lifting on my own." Confidently expresses Backes.

3. Sport-Specific Program saves time and keeps me focused.

"*HARDcore* also created programs specific to the sports I was involved in, and even my positions in those sports. I firmly believe that because of these position specific lifts (especially the ones for my arm and shoulders) have helped prevent injuries to the parts of my body I use most when I play sports. These position specific lifts are also very helpful, because they are the same lifts colleges do with their athletes, so it is best to understand the lifts now rather than to have to learn it on my own in college." Concludes Backes.

What is *HARDcore*? Where can I find more information?

We have answered 20 of the most commonly asked questions on our website. We are certain these 20 questions will answer a vast majority of the questions you still have. So visit www.RejuvMedical.com for more details.

Is there a Deadline to Start or Enroll in *HARDcore*?

Summer is quickly approaching and it is time to sign up for summer training here at Rejuv Medical. In the previous two summers our *HARDCore* strength and conditioning program has doubled, and we fully expect the same this year. With that in mind, we want to ensure that each athlete receives the quality and coach's attention that each deserves. In order to ensure this, we are officially opening our first five groups during our most popular training times. These groups will be full at eight athletes each in order to avoid overcrowding and emphasize individual development in each athlete's programming.

What are the most popular training times?

Our most popular summer training times are as listed below:
7:00am, 8:00am, 9:00am, 10:00am, and 11:00am (Monday, Wednesday, Friday).



These are not the only times we have available; however they are the times that fill up the fastest each summer. The listed above group times will be filled by the first athletes who sign up for the upcoming summer program.

How do we get started or enroll?

Any questions feel free to **Email:** Justin@RejuvMedical.com or NickS@RejuvMedical.com

Call: Rejuv Medical's front desk- (320) 217-8480 or Coach Nick Stram- (320) 534-8143

Fill out the form on the HARDcore Website.

Or **Reserve with a reply to this email with the following information:**

NAME:

PHONE:

EMAIL:

SCHOOL:

AGE:

SPORT:

DESIRED TIME:

(No payment needed at time of reservation.)

"With the combination of proven strength and speed improvements, understanding warmups and lifts, and having specialized lifts is why I choose to train with Coach Rost and the HARDcore program at Rejuv Medical."~ Chris Backes- Starting Quarterback St. Cloud Tech

