



PERFORM. PREVENT. EVOLVE.



SKI & SNOWBOARD PREPARATION

INCREASE PERFORMANCE

- Engineer Optimal Movement Patterns
- Linear & Lateral Power Production
- Plyometrics and Force Production Optimization (Vertical Jump)
- Cutting Edge Strength & Power Programs
- Specialized State-of-the-Art Facility
- Full Sport-Specific Testing Protocol
- Rotational/Anti-rotational Coordination
- Upper & Lower Body Dissociation at Hips for Efficient Carving
- Core Strengthening to Reduce Energy Leaks & Maintain Posture on the Mountain

DECREASE RISK OF INJURY

- Injury/ACL Prevention Programming
- Pillar (Hips, Core, Shoulder) Prep
- Movement Prep vs. "Warm-up"
- Progressive Movement Mechanics
- Rotational Power
- FMS Corrective Exercise Methods
- Foam Rolling/Trigger Point Therapy
- "Work + Rest = Success" Mentality
- Regeneration/Recovery Classes
- Functional Movement Screen Included
- Utilize Our In House Elite Physical Therapists/Athletic Trainers



Jeremy Sheppelman,
BS, CSCS, XPS, NASM-PES
Director

303-979-5511
303-880-3495 (mobile)
5935 S. Zang St. #9
Littleton, CO 80127

Jeremy@PantherPTSP.com
www.PantherPTSP.com

Tuesday/Thursday 7 – 8 PM • Oct. 20th – Nov. 22nd