



## **ADAPT Training is a human performance development company.**

### **ADAPT TRAINING™ SERVICES**

- ▶ Physical fitness conditioning classes, one-on-one instruction and individual consultation
- ▶ ADAPT Training services include personal training and physical fitness consultation to individuals to help them make physical fitness, strength, conditioning, and exercise improvement in their daily living.
- ▶ Bodywork therapy
- ▶ Physical therapy

### **ABOUT ADAPT TRAINING**

Through the ADAPT techniques, we are able to return the body to a fully functioning durable machine that one remembers from childhood. We believe if you give the body the tools it needs, it has the ability to heal itself as well as perform at extremely high athletic levels free of pain and injury. ADAPT is committed to the belief that an athlete, who is serious about their training, deserves to have the “body nature intended.”

ADAPT Training is formed around the principles of how your body adapts to specific physical stimulus to produce desired results. This philosophy is grounded in correcting muscular dysfunction, and the goal is to restore, develop, and maintain a balanced muscular and skeletal system.

The ADAPT Training model is based on the principle that the human body has a specific design and blueprint. There are four major reference points to the blueprint. We identify them as the structural joints (shoulders, hips, knees, and ankles). These joints are designed to maintain a specific relationship with each other to evenly distribute the impact of the weight of the body and maintain the ideal alignment. The structural joints are designed to work independently and unconsciously throughout their entire range of motion. The durability and performance of your entire body is dependent on maintaining the function of your structural joints.

### **OUR DIVISIONS AND THEIR SPECIALTIES**

#### **THERAPY**

Physical Therapy Rehabilitation  
Spinal Cord Recovery  
Neurological Disorders  
Therapeutic Fitness  
Massage Therapy  
Acupuncture

#### **FITNESS**

Personal Training  
Weight Loss  
Fitness Testing  
Exercise Classes  
Boot Camps

#### **ATHLETICS**

Soccer Skills  
Conditioning Camps  
Youth Athletics  
Speed Development  
Sports Injury Treatment & Prevention

*For additional information on our services, or to view additional materials and information about exercise and fitness, please visit our website at [www.AdaptTraining.com](http://www.AdaptTraining.com).*