

HOME-FIT SYSTEMS

3 Renault Road, West Milford, New Jersey 07480

RUN FASTER * THROW HARDER * JUMP HIGHER * SWING QUICKER * KICK STRONGER

... that's what your kids get out of it. Knowledge that your child is doing something really good for their bodies is what you get out of it!

The realities of children's competitive and recreational sports have seen many changes. These changes include: participation at younger ages; specialization in a single sport and/or position; higher intensity of competition, and an alarming increase in sports related injuries. Over-use of specific muscles, imbalance of muscular and joint development, and lack of proper athletic training, are all partially responsible for this increase. (Growth plate injuries are a leading cause for young athletes to see an orthopedic doctor).

US Consumer Product Safety Commission

4 million children receive ER treatment for sports injuries, and 8 million by their family physicians.

Surgeons General Report, Physical Activity and Health, 2002

Each year 3.5 million injuries cause a loss of playing time.

Association of Orthopedic Surgeons, December 2000

20% of children 8-12, and 45% of children 13-14, will have arm pain during a single baseball season. "Coaches and trainers should educate players to the importance of and techniques for stretching and strengthening the body".

One of the best ways to address these concerns is to give the body a training regimen that includes all aspects of a "complete" athletic training program. The **KOMODO™ Athletic Core Training Program** does just that. It contains 7 training aspects with the philosophy that all strength, power, speed, endurance, balance, and agility, come from the "CORE". Core training improves one's body from the inside out. It is more than strengthening the abdominal and lower back muscles. It also includes the postural foundation, execution, and breathing patterns associated with an activity. Its synergistic effects are a result of "bridging" the lower and upper body's athletic potential.

So what does the Komodo Dragon have to do with athletics? It has been called a "living dinosaur". That's because the Komodo Dragon is designed for survival. Although a peaceful creature, it has all the physical attributes to adapt to, and dominate its surroundings.

Quick and agile, explosive and strong, with outstanding body mechanics and an incredible joint structure, this animal is the quintessential athlete.

The **Komodo's™**, are a series of multi-progression exercises, which are designed to accomplish the athletic achievements of the Komodo Dragon. They enhance and compliment the complete core-training program.

This program will allow each and every participant to reach his or her athletic potential. It readies the body's of the young athlete's to absorb the demands that sports activity places on them, and optimizes the physical talents and abilities needed to participate in today's athletics.

The **KOMODO™ Athletic Core Training Program** gives special attention to kinesthetic awareness, equalizing the skeletal muscular system, and achieving optimal joint stability.

Classes will run at the West Milford PAL for 6 consecutive Wednesdays, 5/5/04 – 6/9/04, from 3:45-4:45pm and 5:00-6:00pm. Register at the West Milford PAL. If you have any questions, contact Home-Fit Systems/ Ken Canali at 973-728-2216.