



High School & Youth Performance Training

EXOS' high school and youth performance training programs, for individuals and teams, brings the same methodology and intensity used with professional athletes to support and prepare high school and youth athletes. The leader in performance training for the world's top athletes, EXOS prepares athletes to get the most out of their bodies by increasing strength, endurance, and flexibility, leading to increased productivity and decreased injury.

Training also includes nutrition and regeneration techniques to improve performance and educate young athletes on how decisions off the field, between games, and at practice can improve their overall performance. Athletes work in small groups with coaches to ensure training is done correctly and efficiently.

Schedule:

High School Athletes

Monday - Friday | 8 - 9:30 a.m.

Monday - Thursday | 4:00 - 5:30 p.m.

Youth Athletes (5th - 8th grade)

Monday - Thursday | 1:00 - 2:00 p.m.

Friday | 10:00 - 11:00 a.m.

To sign up, call 701.732.SPORT

altru.org/sport


**Advanced
Orthopedics**