



### How to Get Started

1. **Schedule a Complimentary Consultation:** Assess your fitness, performance and rehabilitation needs.
2. **Develop a Customized Plan:** Tailored programs for fitness, recovery, and performance.
3. **Implement & Monitor Progress:** Ongoing support to ensure long-term success.

Your health and performance are essential—not just for your career, but for pushing your limits when competing and training. With our proven track record working with professional athletes, Olympians, and amateur competitors, we’re here to help you reach your full potential. Let’s work together to keep you strong, accelerate recovery, and ensure you perform at your best.

## Optimize Your Performance & Endurance with Professional Training! Specialized Strength, Conditioning, and Physical Therapy for All Athletes

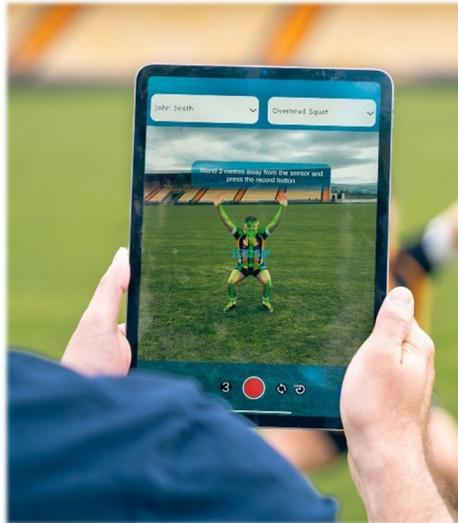
Primary Training Goals



STAMINA



STRENGTH







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PERFORMANCE FITNESS COACHING & CONSULTING

# WE BUILD CHAMPIONS!

Any Sport • Any Level • Guaranteed Results!

## Online and In-Person Fitness Programs



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**Greg DiRenzo, PhD**  
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 Helping Athletes Achieve Peak Performance

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## Specialized Strength, Conditioning, and Physical Therapy for Athletes



### Achieve Peak Performance with Science & Expertise

At Greg DiRenzo Performance Coaching & Consulting, we understand the intense physical demands elite level sports places on your body. Repetitive stress, and high-impact events can lead to injuries, chronic pain, and decreased performance. That's why we offer specialized strength & conditioning, injury prevention, physical therapy, and rehabilitation programs designed specifically for athletes like you.

#### The Impact of Injuries on Your Competition

- **Increased Recovery Time:** Overuse injuries, fractures, and ligament damage lead to lost training and competition time.
- **Longer Recovery & Lost Competitions:** Without proper rehab, minor injuries become chronic, affecting mobility, endurance, and efficiency.
- **Escalating Medical Costs:** Treatment expenses can impact your ability to compete at the highest level.



### Science, Technology & Proven Results

We incorporate cutting-edge science and technology to track performance, ensuring optimized training and measurable results.

- **Technology for Human Performance & Movement:** We Assess, We Don't Guess—using advanced tools to measure and design precise programs.
- **Biomechanics Movement Testing:** Utilizing LiDAR 3D scanning technology, we deliver accurate metrics on range of motion, asymmetries, and more.
- **Continued Assessments:** Monitoring, managing, and evaluating progress with scientific data to enhance decision-making on training and rehab adjustments.
- **Objective Measurement Systems:** Data-driven insights provide benchmarking, monitoring, and progression tracking for peak performance.
- **Application of Data:** Science-backed protocols ensure effective programming tailored to each athlete's needs.

### How Our Strength & Conditioning Program Enhances Your Performance

- **Build Explosive Power & Endurance:** Sport-specific energy system development maximizes your strength and stamina for peak event-day performance.
- **Enhanced Durability:** Ability is the skill you refine; we build durability so you can showcase it consistently.
- **Improve Core Stability & Control:** Core training enhances body control and reduces fatigue.
- **Increase Flexibility & Mobility:** Dynamic stretching and mobility drills improve movement efficiency and prevent stiffness.
- **Prevent Common Injuries:** Strength training reduces fatigue-related falls, fractures, and muscle imbalances.
- **Improve Recovery & Longevity:** Recovery-focused workouts keep you strong and resilient throughout the season.

### How a Professional Physical Therapy Program Benefits You

- **Recover Faster & Get Back Competing:** Customized rehab restores mobility, strength, and endurance efficiently.
- **Reduce Re-Injury Risk:** Therapy improves movement patterns, flexibility, and stability.
- **Eliminate Chronic Pain & Improve Mobility:** Evidence-based techniques help manage pain and enhance mobility.
- **Enhance Strength & Performance:** A structured rehab program builds resilience for sustained competition.
- **Improve Mental & Physical Well-Being:** Proper rehabilitation reduces stress and optimizes event-day readiness.



### Proven Results for Athletes

Athletes who follow structured strength & conditioning and rehabilitation programs recover faster, sustain fewer injuries, and enhance their performance — leading to fewer season-ending setbacks.