

Human Performance Athletic Conditioning



Athletic Conditioning

The Program: This program will take athletes through a series of cutting edge exercises that will safely enhance their: strength, endurance, flexibility, and ability to prevent injuries. Plus, the athlete will receive a home exercise program that is based upon a functional analysis, posture analysis, and gait (running) analysis. This is the smartest and toughest program the athlete will ever go through. This program has built many elementary school, high school, college and pro-athletes. This program is focused on optimizing an athletes: biomechanics, strength, balance, endurance, agility, and speed. This is the most advanced program available today. It will prepare the athlete for the most demanding sports programs. Call for a free presentation to your staff, parents, coaches, and athletes.

Personal Training and Private Coaching

The Program: Human Performance provides personal training and private coaching for non-athletes, companies, groups, athletes, or teams. We offer some of the most advanced programs available today. We customize every training program to fit the exact needs of our clients. What are your goals? Do you want to lose 10 or 20 lbs? Do you want to compete at a very high level? Human Performance can guide you to all of your goals and more. We work with all age groups.

Keys To Developing A High Quality Conditioning Program

A conditioning program is only moderately effective unless an individualized postural analysis, gait analysis, and functional analysis is performed. Every component of the strength and conditioning program is built upon this analysis. Next, nutrition has to be assessed, and a plan must be created to optimize your overall energy levels and recovery.

Testimonials



“Matt Kathol’s training and nutrition regimen fully prepared me for Division 1 college soccer. His methods impacted/reached me on both a personal and professional level. I’ll continue to use Matt every summer when I’m home from college.”

Rachel Pickett

Fresno State University Division 1 Soccer

“I’ve been training with Matt for 5 years. He’s improved my speed, strength, and ability to jump. Every athlete should train with Matt.

Kelsey Scanlon

Emerson University Division 3 Volleyball

“I’ve made great strides in strength, speed, and flexibility with Matt. He’s also really helped mitigate and prevent my injuries. He’s the #1 strength coach in Napa. He made my transition to college sports very easy.

Dan Pardini

University of Oregon Division 1 Baseball

“These are the toughest workouts that I’ve ever done. Matt completely changed my exercise and nutrition program. I packed on 30 lbs of muscle in 6 months, and was able to stay at 10% body-fat. This is an ideal training program for high school and college athletes.”

Justin Clayton

Washington State University Division 1 Football