



THE ULTIMATE ATHLETE PROGRAM INCLUDES:

- PLC's Renowned Comprehensive Health Assessment for the Confidence You Need to Push Your Training to the Next Level

PLUS:

- Advanced 3-D Cardiac & Full Body Vascular Imaging
- Expert Human Performance Testing
- Resting Metabolic Rate
- Aerobic Capacity Test (VO² Max)
- Lactate Acid Threshold Testing
- Sports Specific Testing with Precise Muscle Strength & Conditioning Program
- Detailed Exercise Analysis & Prescription
- Sports Nutrition to Fuel Your Training
- On-going Program Management with On-Site Re-Evaluation

AND MUCH MORE!



Princeton Longevity Center

ULTIMATE ATHLETE PROGRAM



Princeton Longevity Center

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Olympic-Level Athletic Testing & Programming for the Aspiring, Competitive or Professional Athlete

TAKE CONTROL OF YOUR FULL ATHLETIC POTENTIAL



PLC's Ultimate Athlete Program

Whether your goal is to take 5 seconds off your race or find your "Inner-Athlete" and get in the best shape of your life - **Princeton Longevity Center's Ultimate Athlete Programs** will help you get there. Lead by Dr. Harry Pino, Olympic Sports Performance Testing Program Advisor, these programs combine Olympic-level human performance testing, detailed expert evaluation, hands-on program management and a hardcore Medical Evaluation for next-level results.

SPORTS SPECIFIC PROGRAMS FOR:

- Marathons
- Triathlons
- Track & Field
- Baseball
- CrossFit
- Trail Running
- Cycling
- Golf
- Tennis
- And More!

PLC's ULTIMATE ATHLETE PROGRAM COMBINES THE LATEST CUTTING-EDGE PREVENTIVE MEDICINE WITH OLYMPIC-LEVEL SPORTS PERFORMANCE TESTING & AN ACTIONABLE TRAINING PLAN:

Reach your full athletic potential with Princeton Longevity Center's Ultimate Athlete Program for comprehensive health and sports performance testing.

No other sports performance program offers such an in-depth look into your health and uses the latest Olympic-level human performance testing and program management to reach your athletic goals.

Princeton Longevity Center believes everyone, no matter their fitness level or exercise history, has an **"Inner Athlete"**. With direction, training, and support, we can help you find yours.

From developing the foundations of functional and athletic movement to finding the keys for unlocking optimal power output, movement efficiency, and energy utilization, our expert Exercise Physiologists help you reach your greatest potential and get to peak performance.

Athletes and coaches are provided a detailed interpretation of results and training recommendations. PLC uses validated and proprietary protocols, and accurate equipment for data collections and interpretation.

Our staff relies on the latest fitness training and research coupled with the most advanced testing equipment to help you identify and achieve your goals whether they include managing an injury or clinical condition, surpassing a fitness plateau, or developing your full athletic potential.