

Off-Season Strength & Mobility Program for STL Rowing Members

Provided by: NutriFormance- Fitness, Therapy and Performance and Athletic Republic STL

Every sport that requires a high force repetitive movement such as crew, also requires a specific strength and conditioning program to correct movement dysfunction and prevent injuries so that you are able to perform at your best.

What the program entails:

- Optional Monthly Meet-up to review the program live and in-person.
- A month's worth of workouts delivered to you via our app titled Teambuildr. These workouts are provided in a calendar format allowing you to log weight loads, view videos on proper form, etc.
- Mobility, corrective exercise and performance training to enhance your durability and performance for the sport you love.
- The ability to train anywhere (your local gym, our facility or even your own home if you have the equipment).

Who writes the program: <https://nutriformance.com/about/staff-2-2/jenn-schook-mpt-cktp/>

What's the cost?

- \$59 + Tax/ month. 6+ members to create the program.
- Month-to-month membership option can be turned off anytime. Great for the off-season when you can't get out on the water.

Who is NutriFormance & Athletic Republic STL?

We have been providing strength and conditioning to junior STL Rowing club members for several years. We offer a similar program to members of the Big Shark racing team and Pedal Hard. We have been in business providing fitness, performance and health related services to the St. Louis area since 1997. We employ physical therapists, registered dietitians, Pilates Instructors, licensed massage therapists, certified athletic trainers and advanced personal trainers.

Who is eligible: all members and parents of STL Rowing Club. (If you have orthopedic challenges or medical concerns, we may suggest beginning with an assessment with one of our physical therapists.)

Location:

NutriFormance, 10407 Clayton Road, Frontenac, Missouri 63131

For more information: daleh@nutriformance.com or www.nutriformance.com