



TRAIN LIKE AN **ATHLETE.**

*Adult & youth strength and
conditioning program.*

ADULT PROGRAM

AGES 24+

Teach people how to move that
increases health and decreases pain!
Improves the ability to do what you do
now for as long as you can.
= Improve movement without pain.

6am & 7am; 4pm & 5pm (1-hour sessions)
Mon/Wed/Fri

YOUTH PROGRAM

AGES 10-23

Teach athletes to jump higher, run
faster, improve strength, move like an
athlete all while preventing injuries.

8am & 9am; 2pm & 3pm (1-hour sessions)
Mon/Wed/Fri

\$100 /MO

Cost per program
Cash, check, card

SIGN UP

309-343-3434
advrehab.com

Limited spots available!

Located inside of Advanced Rehab & Sports Medicine

**1240 N. Henderson St.
Galesburg, IL 61401**

**ADVANCED
PERFORMANCE**



BRANDON TYRRELL



HI!

I'm Brandon Tyrrell, a licensed Certified Athletic Trainer with Advanced Rehab & Sports Medicine and Advanced Performance. I have been an ATC for 15 years, and I have worked in Strength & Conditioning for 10 of those 15 years. In my time with Advanced Rehab, I have worked with Galesburg High School, and other surrounding schools for athletic training coverage at sporting events, and with groups of athletes in the weight room to grow awareness of strength training and its benefits to sport performance and injury prevention in sports and with daily living activities.

I wanted to start the strength and conditioning program with Advanced because I believe we can all be better, and that the gym is a place that can start, but a lot of people are intimidated by big, box gyms. I feel like Advanced Performance can be a place where people can go to start a journey towards healing, and exercising, not just their bodies, but their minds. Weight training takes a lot of mental fortitude to be consistent and improve. I feel we could all use a little more of that in our lives; to be able to deal with something that is scary, intimidating, or challenging.

When I am not at work, I enjoy spending time with my wife, Marci, and our pets. I also enjoy playing volleyball, basketball, and wrenching on our Jeep (when it is an upgrade, not a repair). My wife and I also enjoy Jeep trips throughout the area looking for new, good food places to eat, and re-visiting some of our staples.

Ready to train like an athlete?

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advrehab.com

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PERFORMANCE** 