



TAKE IT TO THE NEXT LEVEL! TRAIN AT TRAQ 3D

TRAQ 3D ATHLETE TRAINING

In sport, the player with superior reactions, agility, power, quickness, and sport-relevant stamina will excel in competition and is less likely to be injured. **TRAZER** sport simulations at TRAQ 3D deliver all the joys and challenges of **real sport competition**. They involve your whole body, your senses, your strategic reasoning.

HOW DO WE TRAIN DIFFERENTLY AT TRAQ 3D?

Using the **TRAZER**, we can measure components of volleyball and basketball including **reaction time, jump height, acceleration, deceleration, speed and center of gravity**. Many of these components were difficult to train because they were unable to be objectively measured, until **NOW!** We also train the **CORE** musculature, in a truly **FUNCTIONAL** manner utilizing progressive band resistance. This training has direct **TRANSFER** to game performance!



"I have trained with TRAQ 3D for 2 months and my vertical shot up 5 inches. My steps are noticeably quicker on the court. This is the future of athletic development." Joe C, Rocky River High School 2-time Conference MVP



New Pricing!

****First Workout- FREE****

Single Session \$15	Unlimited for 2 months \$170
6 Sessions \$75	10 Sessions \$120
8 Sessions \$96	12 Sessions \$140

Sign up today and receive a free orientation with an athlete assessment!

**TRAQ 3D at OHIO NETS SPORTS COMPLEX
12665 CORPORATE DRIVE, PARMA, OHIO 44130
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