

FLORIAN ATHLETICS



Florian's Athletics Program

is designed to help high school athletes reach new heights and master their sport. The focus of the twice weekly one hour sessions will be on improving the proficiency of general physical skills. This is not a specialized fitness program but a deliberate attempt to optimize competence in all areas of fitness. We produce more flexible, coordinated, powerful, accurate athletes who are better able to master their individual sports, whatever they may be.



50 Central Street, Norwood Ma
Melissa@crossfitflorian.com (617)-447-0631

Increase Work Capacity

Raising work capacity will improve the athlete's ability to tolerate a high workload. Our training tools help athletes perform movements more efficiently and effectively allowing them to outwork their opposition time after time.

Increase Strength & Power

Strength is the amount of force muscles can produce (or how much resistance one can overcome). Athletes with good strength can perform daily tasks efficiently. In sport, strength is important but it is not enough to produce successful athletes. What is important is the functional application of strength – the ability to use strength quickly. That is known as Power which requires the athletes to be explosive.

Increase Speed & Agility

Speed is arguably the most important aspect of sport. Speed is the ability to move from one place to another rapidly while agility is the ability to change body position efficiently. These qualities cannot be overemphasized in sport and are highlighted in every training session.

Improve Endurance & Stamina

Greater endurance and stamina will allow the athlete to work longer and allow for quicker recovery. Our constantly varied training environment focuses on improving aerobic, anaerobic, and strength endurance needed for all sports.

Improve Flexibility & Mobility

Greater flexibility and mobility has been shown to improve performance and reduce injury. Keeping athletes healthy and happy will allow them to ensure that fitness remains a part of their lifestyle well past high school.