

# Now Two LOCATIONS!



## DIRECTIONS

- ▶ THE *TOP FORM, INC. PERFORMANCE AND EDUCATION CENTER IN CASTLETON* IS LOCATED JUST OFF EXIT 10 ON I-90. HEADING EAST, MAKE A RIGHT OFF THE RAMP AND WE ARE .1 OF A MILE ON THE RIGHT. HEADING WEST, TAKE A LEFT AT THE END OF THE RAMP, GO .2 OF A MILE AND WE ARE ON THE RIGHT.
- ▶ *TOP FORM INC AT SPORTPLEX* CLIFTON PARK EXIT 9 OF NORTHWAY TAKE ROUTE 9 SOUTH ONE MILE TO RIGHT ON CORPORATE DRIVE, SPORTPLEX ON LEFT 6 CORPORATE DRIVE. 928-8866
- ▶ FOR MORE INFORMATION ABOUT ANY OF OUR PROGRAMS, CALL US AT 518.477.2700

**TOP FORM, INC.**  
81 MILLER ROAD  
CASTLETON, NY 12033  
518.477.2700  
WWW.TOPFORM.US

## ACL BRIDGE PROGRAM BY **TOP FORM, INC.**



**DEDICATED TO PROVIDING THE  
HIGHEST QUALITY  
MEDICAL AND FITNESS  
SERVICES TO YOUNG AND OLD!**

**INSURANCES RARELY COVER THE  
ENTIRE REHABILITATION PRO-  
GRAM FOR AN ACL INJURY  
(TYPICALLY 6-9 MONTHS)**

**TOP FROM INC. WILL BRIDGE THE  
GAP LEFT WHEN INSURANCES  
RUN OUT AND WHEN COMPLETE  
SPORTS PERFORMANCE RETURN  
IS POSSIBLE.**

**OUR GOAL AT TOP FORM INC. IS  
TO RETURN YOU TO YOUR SPORT  
BETTER THAN YOU WERE PRIOR TO  
YOUR INJURY! MAKING A SAFE  
AND COMPLETE RETURN TO  
SPORT!**

# SERVICES

BRIDGING THE GAP AFTER PHYSICAL THERAPY AND BEFORE PERFORMANCE!

ANYONE, YOUNG OR OLD CAN BENEFIT FROM TOP FORM INC.'S INDIVIDUAL FUNCTIONAL PROGRESSION PROGRAM!

“THE LATEST TECHNIQUES IN STRENGTH AND CONDITIONING WILL ENSURE YOUR POSITIVE RETURN TO SPORTS OR AN ACTIVE LIFESTYLE.”

RON ANNIS, PRESIDENT

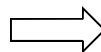
- **STRENGTH:** HAS, THROUGH EXTENSIVE REVIEW OF THE RESEARCH, DEVELOPED A PROGRAM THAT EMPHASIZES, “THE CORE.” RESEARCH SHOWS WHEN WE LACK STRENGTH IN THE MIDDLE BODY AND EXCESSIVE STRESS IS DEVELOPED AT THE LOW BACK, HIP, KNEE AND FOOT. LOWER EXTREMITY STRENGTH WILL ALSO BE FULLY FUNCTIONALLY INCORPORATED.
- **BALANCE:** OFTEN IGNORED IN SPECIALIZED PROGRAMS THIS PERFORMANCE VARIABLE **MUST** BE ACTIVATED INSIDE A GOOD STRENGTH PROGRAM. MUSCLES MUST FIRE IN A PROPER SEQUENTIAL ORDER TO MAINTAIN THE BODY’S CENTER OF GRAVITY, THEREBY LIMITING EXPOSURE TO INJURY.
- **ALL TYPES OF SPEED AND MOVEMENT EDUCATION:** ANY REAL ACL PROGRAM WILL RE-TEACH THE CLIENT HOW TO MOVE WITH SPEED A CRUCIAL COMPONENT TO SUCCESS. ALL TYPES OF SPEED INCLUDING: REACTION, STRAIGHT, LATERAL, BACKWARD, SPEED STRENGTH, SPEED ENDURANCE, AND MORE!
- **PLYOMETRICS:** A SERIES OF JUMPING DRILLS DEVELOPED IN THE SOVIET UNION TO TEACH MUSCLES TO FIRE EXPLOSIVELY. THIS PART OF THE PROGRAM IS ESPECIALLY SENSITIVE TO A FUNCTIONAL PROGRESSION, THESE DRILL ARE ARGUABLY THE MOST EFFECTIVE TRAINING TOOL BUT ALSO THE MOST ABUSED!
- **FLEXIBILITY:** EDUCATION IN SEVERAL IMPORTANT AREAS.

TOP FORM, INC.

# PROGRAM

CLIENTS WILL TRAIN IN A SMALL GROUP SETTING WITH AN INDIVIDUALIZED PERFORMANCE PROGRAM.

- ⇒ ONE SESSION TRY-OUT FOR *FREE!*
- ⇒ TEN SESSION PROGRAM FOR \$275
- ⇒ TWENTY SESSION PROGRAM FOR \$500
- ⇒ 6-MONTH COMPLETE RETURN TO COMPETITION COMMITMENT FOR \$135 PER MONTH



# TOP FORM, INC. PROFESSIONAL STAFF

RON ANNIS, PRESIDENT, CERTIFIED ATHLETIC TRAINER, CERTIFIED STRENGTH AND CONDITIONING SPECIALIST, AND LEVEL ONE OLYMPIC DEVELOPMENT COACH

“*TOP FORM, INC.* WAS CREATED TO BRING 25 YEARS OF EXPERIENCE IN ATHLETIC INJURY AND STRENGTH AND CONDITIONING AT THE WORLD-CLASS, COLLEGIATE, HIGH SCHOOL, AND GRADE SCHOOL LEVELS TO YOUR COMMUNITY!”

MONIKA ANNIS, VICE PRESIDENT, DIRECTOR OF MARKETING, MBA UPSALLA UNIV., SWEDEN

-MONIKA HAS TRULY DEVELOPED *TOP FORM, INC.* INTO AN INTERNATIONAL COMPANY WITH OUTSTANDING CONSULTING AND SERVICE CONTRACTS

CHRISTOPHER MELE, CERTIFIED ATHLETIC TRAINER, CERTIFIED STRENGTH AND CONDITIONING SPECIALIST, CERTIFIED PERSONAL TRAINER, LEVEL ONE OLYMPIC WEIGHTLIFTING DEVELOPMENT COACH

DAWN MELE, CERTIFIED ATHLETIC TRAINER, CERTIFIED STRENGTH AND CONDITIONING SPECIALIST

CALL US TO SEE WHAT

TOP FORM, INC.

CAN DO FOR YOU!

▶ 518.477.2700