



About us:

Optimize Physical Therapy and Elite Sport performance was founded by Abby Rehberger in 2017. Optimize prides itself on catering to each athlete's needs as well as individual team needs and requirements. We have a passion for training athletes in a fun, energetic positive and profession training environment and we are eager to hear how we can help you!

Sport Optimization

Strength and Conditioning

- Get faster, stronger and quicker with small-group training that focuses on fundamentals of running mechanics, agility training, lifting technique and power movements. Athletes of all ages and skill levels have the opportunity to improve their athletic ability.
- Programs are set up to be year-round training with tapered intensity during the athletes in-season and more intense training during their off-season.
- All athletes undergo pre and post testing based on their specific sport. These include but are not limited to: Pro-agility test, 10-yard acceleration, chin-up hang, 1 min push-up test, broad jump, vertical jump, 40-yard dash and lifting specific tests when athletes are able to safely perform lifting technique.
- Each session will consist of sport specific training starting with foundational movement patterns. This includes athletic positioning, stabilization training and jumping, landing and sprint mechanics.
- Each training session is set up to piggyback the following session. With an increase in level of skill, weight and overall power put out each session to fully optimize athletic performance.
- Minimum of 6 athletes/group and maximum of 10 athletes/group

Pricing Options	8 Sessions 2x/week x 4 weeks	12 Sessions 3x/week x 4 weeks	16 Sessions 4x/week x 4 weeks
Monthly Membership	\$150/Month (\$18.75/session)	\$200/Month (\$16.70/session)	\$240/month (\$15/session)
Single Session Drop-in Session	\$20/Session	\$20/Session	\$20/Session

Location Options:

Optimize offers numerous training sessions at various locations throughout the metro area as well as on-site location opportunities. What does that mean? You provide the space and we bring our trainers and equipment to you!