NRL WA

STRENGTH & CONDITIONING

ATHLETICADVANTAGE

NRL WA & Athletic Advantage

Who Are We

We are a team of high performance specialists that are based primarily out of Power to Empower in Cockburn Central - A not for Profit Gym providing a first class training facility.

Being involved at Power to Empower allows us to do what we love and excel at, while still having a bigger impact in the wider community and we love partnering with them.

We are a dedicated team that has worked with many athletes and teams as well as many individuals just trying to improve their way of living and quality of life. We use the latest in scientific research and blend it with our many years of 'real world' practical experience to determine the best approach to give you the best opportunity to succeed.

Working With NRL WA

We are very excited to be partnering with NRL WA to help integrate a Strength & Conditioning into the academies and teams. The expertise, dedication and passion shown by those involved in the club is something we were instantly drawn to as those are traits we value highly ourselves.

We will be running through a 6 week Strength & Conditioning Program looking at what can be done in the gym, on the field and away from the field to help improve your performance during training and games, while reducing your risk of injuries or niggling complaints.

We will be using this first block to get a feel for the Leagues programs and will begin to look for areas where we can offer extra services to better support the athletes and coaches.

Please feel free to use us up as a resource if you have any questions regarding your physical preparation and performance. We're always eager for a chat and to pass on advice.

Level Up Your Training

We run individual and small group sessions, as well as one-off assessment and programming sessions. If you're interesting in going up a level in your approach to your training then you're the sort of person we would love to work with.

If you are interested in coming in for a session please use our contact details to get in touch and discuss what we can offer you.

The Athletic Advantage Team

We are a team of high performance specialists dedicated to providing elite level training and holistic physical performance advice to everyone from top end athletes to general health & fitness enthusiasts.

As a team we have a wealth of experience working with Olympic athletes, spending time in full time capacities managing sporting teams such as the Perth Lynx & West Coast Eagles as well as thousands of junior athletes and non-athletes alike.

We are always eager to chat about your training or goals and offer up advice on the what the research and practical experience shows is the best way to be chasing them.

We offer a range or individual and group training or workshop options to suit your own or groups needs.

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