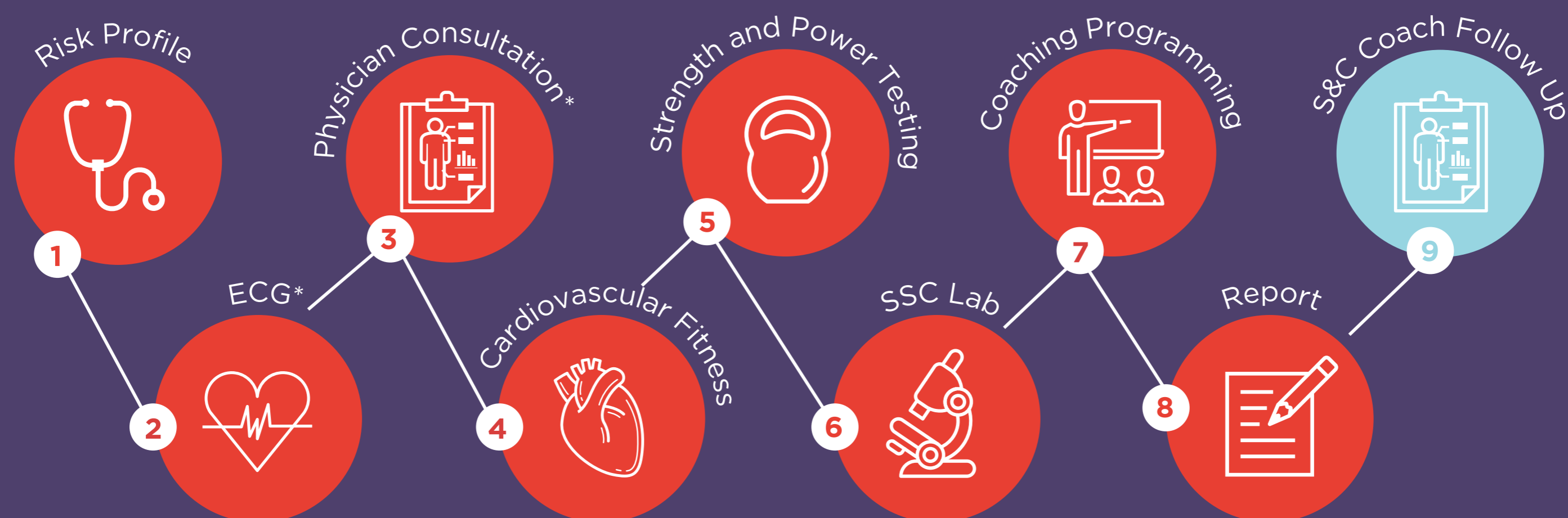


# CONCERNED ABOUT YOUR FITNESS LEVEL?

- ARE YOU CONSTANTLY INJURED?
- DO YOU STRUGGLE TO OPTIMISE YOUR TRAINING?
- HAVE YOU TAKEN A BREAK FROM TRAINING AND ARE LOOKING TO START AGAIN?

SSC Fitness is designed to assess your current fitness levels including cardiovascular, whole body strength and power, using our unique SSC Lab, to assess your movement quality and performance. From this testing we prescribe a programme of exercises which are aimed to help you achieve your goals and ambitions. The programme is delivered by a multidisciplinary team including, Consultant Physicians, Nurses and Strength & Conditioning coaches, all of who are experts in their field.

## WHAT IS INVOLVED?



\* if required following risk profile assessment

To book your place please call 01 526 2050  
or email [fitnesslab@sportssurgeryclinic.com](mailto:fitnesslab@sportssurgeryclinic.com)

**Cost €600**

This service is covered on certain  
Private Health Insurance plans.

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