

Offering **unparalleled insights** to improve **your performance**

Technology used and trusted by the world's best.

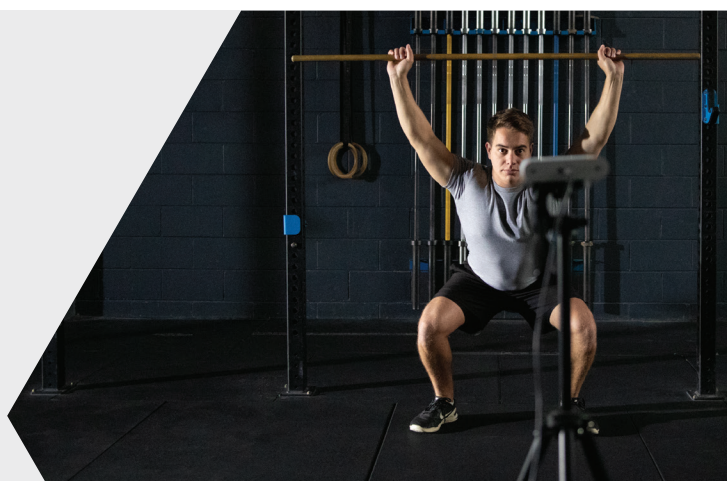


Strength and Movement Assessment

How strong and well you move

We will perform a thorough strength and movement assessment to determine how strong you move.

Utilising reliable and objective measurement, we will run a battery of tests to analyse how well you push, pull, hinge, rotate and brace. We will also assess your balance, stability and control.



Performance Testing

Your ability to produce force and absorb load

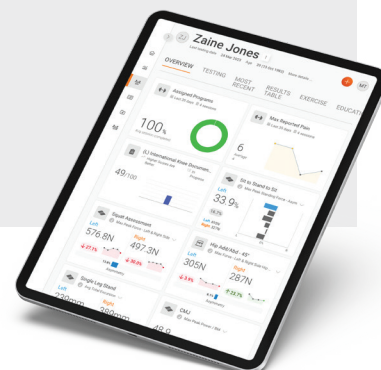
Applying state of the art force plate technology and hand-held dynamometry, we will examine how your body produces force and accepts load. This will include upper and lower body tests for power production, tendon stiffness and elasticity, neuromuscular fatigue and your dynamic strength index.



Reports and Interventions

View your results and develop a plan

You will take away a customised report of your results. It will show where you're strong, where you move well and what could be improved. Take this report to your coach or a member of our team to develop a training plan. When it's time to test again, we'll be able to compare your past results to where you are today and track your progress over time.



Contact us to book an appointment

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VALD PERFORMANCE