



ELEVATE YOUR GAME
YOUTH AND HIGH SCHOOL BASKETBALL
PERFORMANCE TRAINING PROGRAMS

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**SPORTS
MEDICINE**



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MEDICINE**



EXOS

MAYO CLINIC SPORTS MEDICINE AND EXOS ARE APPLYING KNOWLEDGE, RESEARCH, AND INNOVATION TO ADVANCE HUMAN PERFORMANCE AND HELP ATHLETES OF ALL AGES AND ABILITIES ACHIEVE THEIR GOALS. MAYO CLINIC SPORTS MEDICINE IS ALSO PROUD TO PARTNER WITH THE TIMBERWOLVES & LYNX BASKETBALL ACADEMY. THE ACADEMY'S FOCUS IS ON IMPROVING BASKETBALL SKILLS AND FUNDAMENTALS. WHEREAS, EXOS' UNIQUE TRAINING SYSTEM FOCUSES ON MAXIMIZING EACH ATHLETE'S ON-COURT PERFORMANCE THROUGH PROPER MOVEMENT, NUTRITION, STRENGTH TRAINING, AND RECOVERY. TOGETHER, WE PROVIDE YOU WITH BOTH THE ON-COURT AND OFF-COURT SUPPORT YOU NEED TO OPTIMIZE YOUR BASKETBALL PERFORMANCE!



EXOS' YOUTH AND HIGH SCHOOL BASKETBALL PERFORMANCE TRAINING PROGRAMS BRING THE SAME METHODOLOGY AND TRAINING SYSTEM USED WITH PROFESSIONAL ATHLETES.

EXOS prepares athletes to get the most out of their bodies by increasing strength, endurance, explosiveness and flexibility, leading to increased productivity and decreased injury. Improve your lateral agility, vertical jump, first-step acceleration, strength, power, and recovery.

EXOS' TEAM OF SPECIALISTS, IS DEDICATED TO SUPPORTING THE PERFORMANCE GOALS OF YOUR ATHLETES AND TEAM BY WORKING TOGETHER WITH YOUR COACHES.

A customized performance package can be created to fit the training, travel, and competition goals of your team. EXOS services include performance training sessions, nutrition education and fueling strategies, performance testing and reporting, and post-game/practice recovery protocols.

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