

# Young athletes train to avoid injury by building strength and flexibility at Gill's Fitness

Trainer assisted stretching reduces muscle soreness and is essential for injury treatment and prevention. With less soreness and less injuries, athletes are able to practice more and with much greater intensity.



Program Designer and Trainer, Robert Fine, stretches Alex's throwing shoulder and chest muscles. Alex's trainers design his workouts specific to his needs and goals.

"Alex has been pitching better and better ever since he began his training at Gill's Fitness.

The trainers are professional and keep him safe."  
-Malcolm Schick

"My workouts are a lot of fun and my strength gains are really noticeable. I am ready to play every day."  
-Alex Schick



Gill's Fitness trainers are always involved keeping the workouts safe and interesting. In just a few hours per week we are able to provide a highly effective, full body strength, agility and flexibility program.

**Injury prevention and improved performance  
should be priorities for every athlete.**

**Gill's Fitness trainers will help you achieve both.**

With his fastball now topping 90mph, Alex has committed to The University of California receiving a full scholarship.



619-299-1988

*Est. 1992*

**GILL'S  
FITNESS**  
Personal Training

2667 Camino Del Rio South ~ San Diego ~ California 92108

When he was 15 years old, Alex Schick began an exercise program at Gill's Fitness. His mother, Patty, was having growing concerns about her son's sore shoulder and elbow. Alex had already been a starting pitcher for a few years, and the increased expectations of making his high school varsity team had started to take a toll on his young pitching arm.

Being a long time client, Patty knew that at Gill's Fitness her son would receive expert hands-on training. She knew that the trainers would individually design each of Alex's workouts to focus on his goals. He started his program at the start of summer break and the results came quickly. After only a few weeks his shoulder and elbow were feeling - and pitching - better than ever. Alex stayed with the program throughout the summer and his high school career and is now enjoying the benefits that come from consistent strength and flexibility training.

Gill's Fitness trainers are the most effective exercise machines. A superb understanding of anatomy and biomechanics allows Gill's Fitness to provide limitless exercise variations resulting in consistent development of strength, flexibility and coordination. This leads to increased athletic performance and injury prevention for any athlete in any sport. Working out with the expert, professional trainers at Gill's Fitness should be a part of every young athlete's training regimen.