



Sport-Specific Training Programs

Sports Medicine and Fitness & Sports Performance



Tactical Fitness, Strength and Conditioning

Now Only \$30 per month for military and first responders!

For police, fire/rescue, EMS, military personnel and other tactical first responders. Performance training is designed to deliver a premier level of conditioning to those who serve and protect our communities and country.

- Combines the latest scientific research, practical training methods and field experience to decrease injury risk
- Increases performance levels in strength, power, speed, agility, metabolic fitness.
- Developed through collaboration, research and practical application with the tactical occupation community.



St. Luke's Fitness & Sports Performance Center – West End
 St. Luke's West End Medical Center
 501 Cetronia Road
 Allentown
 484-426-2540

Monday – Thursday: 5 am – 10 pm
 Friday: 5 am – 8 pm
 Saturday & Sunday: 7 am – 4 pm

St. Luke's Fitness & Sports Performance Center – Bethlehem
 77 S. Commerce Way
 Bethlehem
 484-526-3177
 (child sitting services available)

Monday-Thursday: 5:30 am - 10 pm
 Friday: 5:30 am - 9 pm
 Saturday & Sunday: 7 am - 4 pm

Over the last twenty years scientific research has confirmed tactical occupations are the most physically demanding and dangerous in the world. The work-related demands of tactical occupations places individuals at an elevated risk for cardiovascular events, injuries and work related illnesses including:



- muscular injuries
- joint and connective tissue integrity
- tendonitis
- nerve compression
- other related conditions

Such injuries can significantly damage physical functioning and impede overall occupational abilities.

Continued on back.

St. Luke's
 Fitness & Sports
 Performance

www.sluhn.org/getfit

My Health. My Hospital.

Locations, Hours & Contact Information

St. Luke's Fitness & Sports Performance Center – Easton

St. Luke's Anderson Campus
1700 St. Luke's Boulevard
Easton
484-503-0100
(child sitting services available)

Monday - Thursday: 5:30 am - 10 pm
Friday: 5:30 am - 9 pm
Saturday: 7 am - 4 pm
Sunday: 9 am - 4 pm

St. Luke's Fitness & Sports Performance Center – Warren

St. Luke's Hillcrest Plaza
755 Memorial Parkway, #D-21A
Phillipsburg, NJ
908-859-8833

The St Luke's Tactical Fitness Strength & Conditioning (TFASC) Program combines the latest scientific research, practical training methods and field experience to decrease injury risk while increasing performance levels in strength, power, speed, agility, metabolic fitness. St. Luke's TFASC program offers job-specific functionally based training to provide the premier level of physical training possible to those who serve and protect our community and country.

Tactical work-related injuries can promote increased vulnerability to collective trauma ailments or musculoskeletal syndromes particularly in the upper extremities such as the shoulder and back regions. These injuries are largely a consequence of lifting, holding, carrying and operating equipment, as well as lifting, carrying, controlling or subduing another person. The recurring attribute of many tactical occupations' responsibilities, the level of energy needed, the awkward posture in which many tasks are performed and exposure to equipment and people exacerbates the risk of musculoskeletal overuse and consequent deterioration. Unfortunately, the physical makeup of tactical occupations has a propensity to lengthen the recuperation time from an injury.



St. Luke's Sports Performance features college-degreed, skilled coaches who are Certified Strength and Conditioning Specialists (CSCS). These coaches use their knowledge base to provide a comprehensive analysis of the individual's performance level. Training protocols are specially designed to help develop the individual's overall tactical fitness and strength, and retrain the nervous system and neural pathways to respond with greater speed and precision.

A comprehensive TFASC program includes a focused emphasis on metabolic fitness, muscular power, strength and endurance, dynamic flexibility, agility, core strength and body composition.

About St. Luke's Fitness & Sports Performance Centers

St. Luke's Fitness & Sports Performance Centers offer a supportive fitness environment that is exclusive to our facilities.

Members are eligible for a complimentary computerized fitness assessment and an individualized workout program that is specifically tailored to your needs and fitness goals. We are the **ONLY** fitness centers in the region to offer this!