



CHHP

CENTRE FOR HEALTH &
HUMAN PERFORMANCE

WINTER SPORT SERVICES

£150

BLACK DIAMOND ◆

The Black Diamond package offers an insight into your ability and performance. CHHP will provide you with an Initial Physiotherapy Assessment and email support.

£500

DOUBLE BLACK DIAMOND ◆◆

The Double Black Diamond package gives you a more in depth knowledge of how to improve your performance. You will receive:

- Physiotherapy initial consultation to screen for injury & biomechanical weaknesses, then 5 physiotherapy follow ups to be used pre or post season.
- This generates a specific & individual program for you.
- Detailed exercise prescription & technique
- Hands on physiotherapy treatment if required

£1000

THE HELI ✕

The Heli Package is the full experience of our winter sport service giving you the best available knowledge to assist you. You will receive:

A Cardio pulmonary Exercise test to attain AT (Anaerobic threshold & VO2max) at the start and at 3 months.

This generates a specific cardiovascular/fitness program tailored to you.

Physiotherapy initial consultation to screen for injury & biomechanical weaknesses, then 5 physiotherapy follow ups to be used pre or post season.

- This generates a specific program for you.
- Detailed exercise prescription & technique
- Hands on physiotherapy treatment if required

Plus...A Personal Trainer Led, 12 week tailored exercise program in our Private Milon Studio.