



PINNACLE PERFORMANCE BRINGS WORLD-CLASS ATHLETIC PHYSICAL DEVELOPMENT TO THE PHILIPPINES

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Pinnacle Performance delivers athletic development for professional and amateur athletes, and recreational fitness enthusiasts alike. Located at the 28th floor of Centuria Medical Makati, in the heart of the Philippines' premier business district, Pinnacle Performance delivers an unrivaled strength and conditioning environment geared to empower clients to achieve every level of performance.

Led by owner and Head Strength and Conditioning Coach Tom Summers, who holds vast experience carefully creating the complete athletic development of elite sports men and women, the members-only facility combines world-class facilities and instruction, with cutting edge technology and methodology, to ensure every member has all the tools required to reach their desired performance goals.

Using the unique **Pinnacle Global Rating (PGR)**, a member's speed, power, agility, strength, body composition, and energy system's capacity, measured and tracked to provide an objective picture of progress. Pinnacle also offers members access to physiotherapy services, such as treatment of spinal pain and dysfunction, running assessments, and injury prevention — ensuring all aspects of physical development are covered.

The secret to Pinnacle's success is in their 3-part customized mission:

1. PLAN

- Whether to simply get back into shape, or to train for a triathlon, and everything in between, Pinnacle builds a program structured around a member's goal.
- The **Pinnacle Global Rating (PGR)** is used to profile and measure a member's baseline.

2. PURSUE

- Specific sessions are then designed for individual training, strength and power, metabolic loading, and mobility, among others.
- A member's **PGR** will be tracked per session in order to easily provide an objective picture of progress.

3. PERFORM

- Pinnacle promises that at the end of every program, a member will be able to perform at the level initially targeted during the planning stage.
- A member's program changes every four weeks, with individual and



complete reviews of every members' previous month of training. Pinnacle Performance offers Full memberships starting at P6,995, with Youth Memberships beginning at P4,995. Both can be acquired through their website: www.PinnaclePerformance.ph. Inquiries can also be directed to their email: info@pinnacleperformance.ph, or by calling: 793-8763.

Members are provided full access to Unique Program Tracking, and the facility's Athletic Track, Performance Suite, Conditioning Equipment, and the Suspension and Body Weight Area.

The Pinnacle Performance Team:

Tom Summers - Owner, Head Strength and Conditioning Coach, Nike Performance Network Trainer

- Internationally accredited coach with vast experience within sports such as cricket, rugby and football, at both domestic and international level.
- Has experience working with professional and elite performance athletes
- Has been responsible for the complete athletic development of international cricketers, English football players, and Great British rugby league players.
- Certified by the main international governing bodies for 'Strength and Conditioning' (UKSCA and NSCA), combined with industry recognized qualifications in complete athlete development.
- Has a Postgraduate in Exercise Physiology and has produced scientific research articles for a multitude of elite institutions
- An ironman athlete himself, Tom practice what he preaches

Previous experiences: Head of Strength and Conditioning at Yorkshire County Cricket Club; Performance Manager with the Zimbabwe National Cricket team; Lead to Science and Medicine for the International Academy of Football and Education; Strength and Conditioning Coach with the England Women's Football Association, and Strength and Conditioning support to the English Institute of Sport. Olympic and Commonwealth athletes

Diego Lozano - Senior Strength & Conditioning Coach

- Certified under some of the best performance coaches in the world such as Joe Defranco and Jim "Smitty" Smith, and continues to bring their key training philosophy and athlete development principles into practice.
- Has coached a wide variety of athletes in multiple performance sports (Basketball, Football, Boxing, and Jiu-jitsu)
- Leads the Strength and Conditioning program for the Adamson Soaring Falcons, and a large number of basketball players from the Philippine Basketball Association (PBA)

PINNACLE™

PERFORMANCE

- Brings his experience and knowledge with some of the Philippines most highly competitive athletes, as well as his results in body composition changes, nutritional support, and health related transformations to every member and athlete at Pinnacle Manila

Louie Mendoza - Strength & Conditioning Coach

- Holds a degree in Sports Science at University of Santo Tomas
- Brings his knowledge to Pinnacle Performance with a practical and scientific approach to strength and conditioning training
- Due to his experience in the UAAP (University Athletic Association of the Philippines) as a Fencing athlete, he is well aware of the importance of proper training, nutrition, and injury prevention in the improvement of athletic performance.
- Has knowledge in coaching and creating individualized program prescriptions for performance, athletic, or recreational gym enthusiasts alike.
- Has spent time working with normal population, and special population rehabilitation, UAAP Athletes (Golden Shuttlers, Lady Tigers, 2015) and the Philippine Basketball Association (PBA) players through the course of his undergraduate program as a Strength and Conditioning Coach.

Rafael Pagdanganan - Strength & Conditioning Coach

- Holds a degree in Sports Science at University of Santo Tomas
- Brings a vast array of practical, technical and advanced coaching to his role in Pinnacle Performance
- Highly experienced coach with exposure to different disciplines, teams, and populations
- Accustomed to training professionals, recreational athletes, and the general population across all ages and both genders

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