



GARAGE STRENGTH

CULTIVATE YOUR POWER.

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Improving performance is a tremendous journey. It is a time for the trainee to understand their mental and physical attributes and push themselves to a limit where they never before ventured. Likewise, the coach must understand the athlete, induce proper stimulus, and learn from the responses. It is a special give and take process of constant learning, constant feedback. This is one of the most important aspects of performance enhancement. No trainee is the same, nor is any coach. Each experience is unique to those individuals.

At Garage Strength, we understand individuality. We understand the dynamic and vital relationship of athlete and coach. And we understand how to add to it, leverage it, and make it even more exceptional. We locate and harness the power in each of our clients, whether Olympian or simply seeking a healthier lifestyle.

The Garage is a place where every trainee can learn his or her strengths and minimize weaknesses. It is a place where the individual rules. There are no crowds, no sign-up sheets, no inflated fees, and no machines. It is a place where the trainee is forced to examine fitness, health, goals, and ability.

The Garage is a place to cultivate your power.

ABOUT DANE

Dane Miller, owner of GarageStrength, is a graduate of Schuylkill Valley High School and Penn State University. Fans of local sports will recognize Dane as the best shot putter in Berks County history, shattering a three-decade-old record and winning the 2002 PA Shot Put Championship. He is also a former All-State defensive lineman and Berks County Lineman of the Year. Dane went on to attend Penn State University, where he became a five-time Big Ten place winner, Penn State track and field team captain, and four-time All Big Ten Scholar Athlete. He was a four-time regional NCAA championship qualifier and national NCAA championship qualifier.

In 2007, Dane trained under Olympic Champion Dr. Anatoli Bondarchuk and alongside 2008 Olympic Shot Put Fourth Place Winner Dylan Armstrong. Dane spent 2007 and 2008 learning the most primitive, high-impact techniques needed to mold an athlete's body and mind into a powerful force. In a dramatically short length of time, Dane built an athletic career seen only by a select few in the world. His training with elite high school, collegiate, and international coaches and athletes guides Dane's training principles and philosophies, helping him establish a unique system seen nowhere else in the US.



HEALTH, STRENGTH,
AND FITNESS...
FOR ALL.



GARAGE STRENGTH

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OUR FACILITY

At most gyms an athlete is immediately confronted with machines. Every size, black, grey, steel, LCD displays, beeps, and lights. Hundreds of machines, when the only machine that truly matters is the one that carried the athlete into the facility in the first place: his or her body. You won't find a single electronic machine in the Garage. You'll find simple, primitive equipment and an expert coach centered on honing muscle and mind to the peak of their power. Training is geared toward teaching clients how to best use their bodies, young or old, athlete or in the midst of weight loss. Listed below are a few examples of the equipment in the Garage. To see them in action, go to GarageStrength.com and check out our videos.

- Throwing Circle
- Dumbbells
- Platforms
- Squat Racks
- Ropes
- Sand Pit
- Sledgehammer
- Tires
- Hurdles
- Plyo Boxes
- Bench
- Wheelbarrow

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OUR PROGRAMS

Physical Training

Our workouts are customized for every trainee – there's no "main office" sending us routines or ideas. If you're a baseball player, we'll cultivate the strength needed for a monumental swing. Want basic power? We'll work every muscle. For trainees whose schedule doesn't permit regular gym training, we'll develop workouts that can be performed at home with minimal equipment.

Nutrition Counseling

GarageStrength's nutrition counseling provides a nutrient-dense 14-day meal plan tailored to your preferences and our recommendations. You'll consume fewer calories while feeling more full, and you may find yourself enjoying foods you didn't dream you'd eat. Our staff also provides nutritional coaching, grocery consultation, and in-home food assessment.

Team Training Clinics

New in 2009, our clinics combine the best of our programs into a team session. Built on our core principles, the sessions are tailored to your team's interests, needs, and time. All participants receive practical advice, take home materials, and Garage training. Call us today to book your clinic.



OUR CLIENTS: TESTIMONIALS

"In 2 months I have lost 50 lbs and lose more every day. Through intense training sessions and a guided nutritional plan, I am on my way to a sustained change. The workouts are hard but unique. A positive, encouraging trainer has made this experience so much easier and even more rewarding."

— *nutrition and fitness client*

"Dane checks in on me every day, sends me encouraging messages, tells me how to improve, and keeps me focused on the end goal. The best part is that I know I'm achieving my goals because of my own hard work. This isn't easy, but it's totally worth it."

— *Global Training nutrition and fitness client*

"What Dane says works."

— *Global Training nutrition client*

"Dane will provide you with the right tools and guidance. His help has been invaluable to me."

— *Global Training nutrition client*

