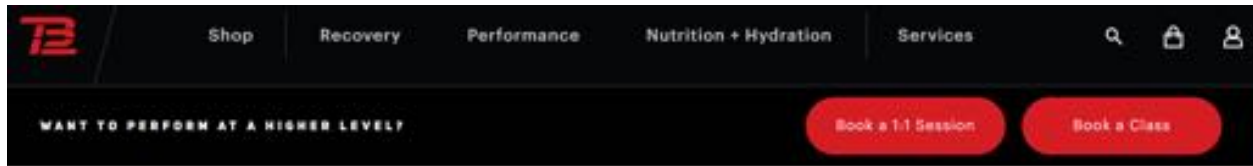


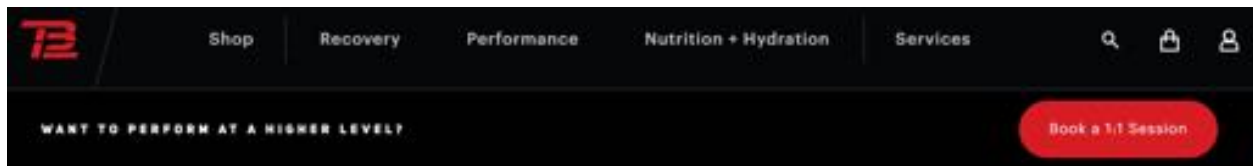
SPECIMEN



TB12 BOSTON

The brand new TB12 Performance & Recovery Center in Back Bay brings the TB12 approach to the city that has supported Tom Brady for nearly two decades as quarterback of the New England Patriots. At TB12 Boston, our expert TB12 Body Coaches will develop a personalized training program for you – integrating revolutionary concepts in deep-force muscle pliability work, hydration, nutrition, functional strength & conditioning, and cognitive health.


TB12 Boston is located at 699 Boylston Street (at the corner of Boylston and Exeter Street) in Boston, MA. Book an appointment online, call (857) 449.7525, or stop by to learn more!



SERVICES

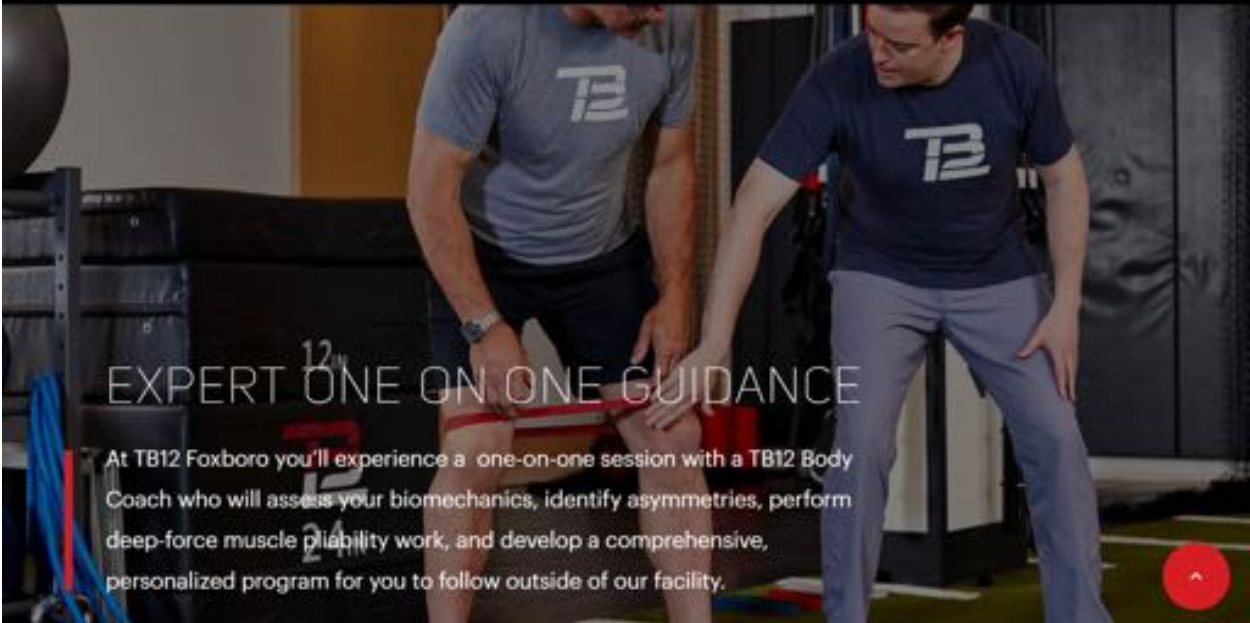
Our training programs integrate revolutionary concepts in deep-force muscle pliability work, hydration, nutrition, functional strength & conditioning, and cognitive health.







Shop Recovery Performance Nutrition + Hydration Services

WANT TO PERFORM AT A HIGHER LEVEL? [Book a 1:1 Session](#)




EXPERT ONE ON ONE GUIDANCE

At TB12 Foxboro you'll experience a one-on-one session with a TB12 Body Coach who will assess your biomechanics, identify asymmetries, perform deep-force muscle pliability work, and develop a comprehensive, personalized program for you to follow outside of our facility.




Shop Recovery Performance Nutrition + Hydration Services

WANT TO PERFORM AT A HIGHER LEVEL? [Book a 1:1 Session](#)



COMPREHENSIVE PROFESSIONAL DIAGNOSTIC ASSESSMENT

Skilled TB12 Body Coaches utilize cutting-edge equipment including metabolic testing, anti-gravity treadmills, and optical systems for gait and unilateral jump analysis to develop a personalized program to help you achieve your goals.



The screenshot shows the top portion of a website. At the top left is a logo consisting of the letters 'T2' in a stylized, red, blocky font. To the right of the logo is a navigation menu with five items: 'Shop', 'Recovery', 'Performance', 'Nutrition + Hydration', and 'Services'. Further right are three icons: a magnifying glass for search, a padlock for a login or account feature, and a person icon for a profile. Below the navigation is a dark horizontal bar with the text 'WANT TO PERFORM AT A HIGHER LEVEL?' on the left and a red button with the text 'Book a 1:1 Session' on the right. The main hero image shows a man in a blue t-shirt with the 'T2' logo on it, smiling and gesturing with his hands as if in conversation with a woman in a grey tank top. The text 'HYDRATION, NUTRITION, AND COGNITIVE CONSULTATION' is overlaid in large, white, sans-serif capital letters. Below this is a paragraph of text: 'Personalized nutrition and hydration assessment and planning, plus an introduction to adopting a winning mindset, is key to our holistic approach to enhancing performance through recovery.' A red circular arrow icon is in the bottom right corner of the hero image.

T2

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HYDRATION, NUTRITION, AND COGNITIVE CONSULTATION

Personalized nutrition and hydration assessment and planning, plus an introduction to adopting a winning mindset, is key to our holistic approach to enhancing performance through recovery.

This screenshot is similar to the one above, showing the same website header and navigation. The hero image depicts a man in a dark grey t-shirt and light-colored pants kneeling on a green artificial turf field. He is focused on examining the knee of a woman who is standing and using a red resistance band. The text 'INJURY MANAGEMENT & PREVENTION' is overlaid in large, white, sans-serif capital letters. Below this is a paragraph of text: 'Body Coaches work toward managing and minimizing the incidence of injuries through identifying potential problem spots and creating programming that can restore balance and symmetry to your posture and movement patterns.' A red circular arrow icon is in the bottom right corner of the hero image.

T2

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INJURY MANAGEMENT & PREVENTION

Body Coaches work toward managing and minimizing the incidence of injuries through identifying potential problem spots and creating programming that can restore balance and symmetry to your posture and movement patterns.