



## **Basketball**

The 2270 m2 multipurpose sports hall with telescopic tribunes can be divided into four separate fields. All equipment is approved by international federations and associations

### **Training Areas**

- 4 Neoshock parquet courts from Connors/USA, with FIBA approved Ceiling Hung Posts – GARED (USA)
- 1 Center Court with FIBA approved Portable Basketball System
- 2000m2 main gym with Technogym Cardio & Strength Training Devices
- Indoor cycling studio with 24 bikes
- Weightlifting studio with ESP full racks and free standing platforms
- Combat sports studio with functional training equipment (TRX, Bosuball and Pilates Balls)
- Studios for Mat and Group training
- 1,7 km outdoor natural running trail
- 1,5 & 2,5 degrees incline running track
- Stair climbing areas with various heights

### **Basketball Specific Equipment**

- Bosu balls
- Spalding and Molten training and match balls & Ball Carts

- Individual scoreboards for each court - BODET
- Vertimax vertical jump and speed training device

### **Basketball Specific Tests and Training Opportunities**

- Aerobic capacity (Lactate & VO2max tests) – HP Cosmos treadmills and QUARK CPET
- Isokinetic strength tests and training with ISOMED 2000
- Anaerobic power test with MONARK ergometer
- Body Composition with gold standard BODPOD
- Jump tests with OPTOJUMP
- 3D ground reaction force analysis with 2 KISTLER force plates
- Agility tests and trainings with SPEEDCOURT
- 2D & 3D motion analyses with high speed video analyses systems
- Footscan test for foot pathologies
- HYDROWORX for post injury training and conditioning
- Anthropometric tests
- Basketball specific test protocols for all age groups



# GSC SPORTS CENTER – ANTALYA BASKETBALL



## Recovery Opportunities

- \*Whole body cryotherapy
- 110 C Icelab (3 chamber)
- Zimmer Medizin Systeme
- \*Hydroworx Underwater Treadmill
- \*Stream Bath & Sauna, Cave Sauna
- \*Pre – post activity Massage

## Medical Utilities

- \*Color Doppler Ultrasound for diagnosis of musculoskeletal pathologies.
- \*3 therapy rooms fully equipped with zimmer Medicine System newest line of all physical therapy products including high energy laser
- \*Isomed 2000 isokinetic system and technobody prokin for strength proprioception and balance exercises
- \*Medically approved Technogym Selection Med series equipment.
- \*Additional 3 manual physical therapy tables
- \*Platelet Rich Plasma and other specific injections

## 3ADIM SPORT TRAVEL & TOURS

Fener Mh. Özgülkent Sitesi C Blok 1944 Sk. 14/1A Antalya TURKEY  
Mobile & Whatsapp: +905327846840 & +905422419702

[www.3adim.com](http://www.3adim.com) [info@3adim.com](mailto:info@3adim.com)

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ALL-IN-ONE TRAINING FACILITIES.**