



HIGH SCHOOL PERFORMANCE TRAINING

75 MINUTE SESSIONS WILL INCLUDE

- * Pre training evaluation
- * Baseline testing (10 yard dash, 5-10-5 shuttle, broad jump, vertical jump)
 - * Mobility, flexibility training
 - * Strength and Power training
 - * Speed and agility training
 - * Corrective exercise technique
- * Game ready drills and conditioning
 - * Nutrition Coaching

EMAIL OR CALL TO REGISTER

Starting November 6TH



XTREME SPEED