

# Summer Strength & Conditioning Program

June 6<sup>th</sup> – July 29<sup>th</sup> (8-Weeks)

<b>Group:</b>	<b>Time:</b>	<b>Days:</b>
1	2pm – 3pm	M-W
2	3pm – 4pm	M-W
3	4pm – 5pm	M-W
4	5pm – 6pm	M-W
Make-up/Extra Sessions	8am-2pm	TR

Each group will have a MAX of 5 athletes

\*July 4th/5th training will be moved to Thursday/Friday the 7th/8th

\*1 or 2 day a week options are available upon request

Each athlete will undergo a movement assessment before or during the first week of the program (if the athlete has not already had one). Based on the assessment and discussing athlete goals, they will get an individual plan built for what they need to focus on throughout the course of the summer. Choice of workout time will be on a first come first serve basis, once 5 athletes have signed up for a certain time slot I will not allow any others to join that time.

## **Mondays/Wednesdays:** Lifting Days

- Main focuses on full-body strength, power, proper lifting movements/mechanics, and development of unilateral strength/stability

## **Tuesdays:** Mobility and Speed Days

- Main focuses are on active recovery, mobility, and developing speed/explosiveness

## **Cost:** \$500 for the full 8-week program

- Includes summer 2022 T-Shirt
- \$15/per extra strength and speed training session outside of the 8-week Program or \$100 more for an extra Thursday session a week
- All programs can be paid in full prior to start of summer program, split into two payments (half paid before June 6<sup>th</sup>/half paid before July 4<sup>th</sup>), or a payment plan can be created upon request
- 1 or 2 day a week options are available upon request

If you are interested in signing-up or have any questions/concerns please contact me via email at [full90fitnesskc@gmail.com](mailto:full90fitnesskc@gmail.com) or by phone (text or call) at **(913) 449-9741**.