



**STRENGTH SPEED
TRAINING CAMP**

"STRONGER. FASTER. BETTER."

JULY 9TH – AUGUST 24TH

MONDAYS, WEDNESDAYS, FRIDAYS

10:30AM – 11:30AM

COST: \$240 FOR THE ENTIRE 8-WEEK CAMP

Strength and speed are two of the most important and sought after physical traits in athletics. However, not many teenagers know how to train them. Our 8-week Strength and Speed Training Camp will develop teens' ages 13-17 in both of those areas. This is the perfect Summer training camp for off-season and pre-season sports as well as any teenager who wants to engage in a solid training program.

Teens will develop strength with barbell, dumbbell, and bodyweight training protocols. They will develop speed with sprint technique work, agility drills, acceleration-deceleration-reacceleration training and sprint workouts.

**Please note that there will be NO maximal loading of any kind during the sessions. Teens will be working safely with sub-maximal loads to ensure the most safe and efficient training environment.*

To register, contact Barry@crossfitgeneration.net