



# YOUTH TRAINING PROGRAMS

## 6 WEEK EXPLOSIVE ACCELERATION

**SMALL GROUP SESSIONS (3-5 ATHLETES)**

**45MIN-HOUR CLASSES**

**OFFERED MONDAY-THURSDAY NIGHTS**

**5:30PM, 6:45PM, 8PM**

**PHYSICAL AWARENESS**

**PLYOMETRICS (EXPLOSIVE POWER)**

**FOOT SPEED (ACCELERATION)**

**CORE STABILIZATION**

**INJURY PREVENTION STRETCHING**

**ALL AGES (UTILIZING BODY WEIGHT)**

## 6 WEEK STRENGTH CONDITIONING

**SMALL GROUP SESSIONS (3-5 ATHLETES)**

**45MIN-HOUR CLASSES**

**OFFERED MONDAY-THURSDAY NIGHTS**

**5:30PM, 6:45PM, 8PM**

**WEIGHT TRAINING WITH A FOCUS ON LOWER BACK, CORE, AND LEGS TO GAIN THE MUSCLE NEEDED TO INCREASE POWER AND TO ASSIST WITH INJURY PREVENTION.**

**ONLY FOR AGES 12+**

### **PER ATHLETE PRICING:**

**2 DAYS/WEEK - \$240**

**3 DAYS/WEEK - \$315**

**4 DAYS/WEEK - \$360**

### **TRAINERS**

**JOSH LEHR**

**LARRY CLEMENS**

**REGISTER ONLINE:**

**QUESTIONS: [LARRY@ONICEPROMOTIONS.COM](mailto:LARRY@ONICEPROMOTIONS.COM)**

**THEFARMGYM.COM**