



**WANT TO ADD 2-4 INCHES ON YOUR VERTICAL LEAP?**

**WANT TO LEARN HOW TO SPRINT, LIFT WEIGHTS CORRECTLY, AND BE ATHLETIC?**

**SIGN UP FOR THIS BY APRIL 1<sup>st</sup> AND SAVE \$80!**

**PAY AROUND \$12-\$15 PER WORKOUT!**

View our Plyo Press that no other program uses: <https://youtu.be/4XPRyu9yn0U>

SST jump trainers are the only 2 in existence: <https://youtu.be/fupNYkuCXV4>

MN HEAT parents and athletes,

Acceleration in Arden Hills or Hudson, WI has an 8 week HOPS program available this spring and summer that will give any athlete completing **this 2-4 inches in vertical jump improvement!** This is our 10<sup>th</sup> year offering this program and we continue to give the athletes participating a high quality training experience.

Purchase this program by April 1<sup>st</sup>, 2019 and only pay \$295! This is a \$550 value! You can use this program any 8 consecutive weeks between April 1 and October 31<sup>st</sup>, 2019. Once you figure out your schedule, you can schedule 2 or 3 workouts per week for 8 consecutive weeks. There are 24 potential workouts available but most players attend 16-20 training sessions over the 8 week period.

**Make your own schedule! You schedule your own appointments during normal business hours:**

- Use our online scheduling software and never make a phone call or send an email
- Software will TEXT you and email you confirmations on dates, times, and activities
- Winter and spring hours are M- F 3pm – 10pm and Saturday 9am – noon

- Summer hours are M – F 9am – 9pm and Saturday 9am – 1pm

**Training sessions include:**

- Ground based plyometrics, agility, and structured and supervised strength and weight training
- Incline treadmill sprint intervals complimented with hip, glute, hamstring, and vertical jump training
- Groups are only 4-6 athletes. We split age groups 9-12 year olds and 13 and older.
- Pre and post testing in Vertical Jump, Broad Jump, Shuttle Run, Incline sprint time, and top end speed.

To register in Hudson, WI at St Croix Acceleration click here: <https://stcroixacceleration.com/8-week-hops-vertical-program/>

To register in Arden Hills, MN at Acceleration North click here: <https://accelerationnorth.com/8-week-vertical-program/>

For questions or to **TRY ACCELERATION FOR FREE FIRST**, call 715-808-8253 in Hudson or 651-486-0020 in Arden Hills.

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