



# MEN'S ALL-SPORT EVENING TRAINING

TUE. MAY 26<sup>TH</sup> – FRI. JULY 3<sup>RD</sup>

SPACES LIMITED TO 35 IN COMPLIANCE W/ COVID-19  
(SEE DETAILS ON BACK)

REGISTER @ [ATLETSPO RTS.COM/CAMPS](https://atletsports.com/camps)



PERFORMANCE  
TRAINING



VIDEO ANALYSIS



SPEED TRAINING



PLYOMETRICS

# **ATLET** *MEN'S ALL-SPORT*

## ***TRAINING PROGRAM***

- ***PERFORMANCE TRAINING: MON. – THU. FROM 6:00PM-7:15PM –***
  - *Speed Training*
  - *Power & Plyometrics*
  - *Lower Body Strength*
  - *Upper Body Strength*
  - *Lateral Agility*
  - *Injury Prevention & Accessory Work*
  - *Speed Technique & Video Analysis*
- *Full Access to Atlet Recovery Lounge*
- *Hyperice Therapy Massage Equipment*
- *Normatech Compression Equipment*
- *Proven 4 Sport NSF Certified Pre-Workout & Recovery Supplements*
- *Atlet Trained Performance T-Shirt*

## ***LOCATION***

***ATLET SPORTS TRAINING FACILITY***

## ***COST***

***\$385 / ATHLETE (\$192.50 x 2MO CREDIT CARD)***

## ***REGISTRATION***

***ATLETSports.COM/CAMPS***