

STRENGTH TRAINING CAMP



at **THE TRAINING SPOT**

DATES & TIMES:

JULY 6 - 9 OR 20 - 23 both 7:30PM-8:30PM

JULY 13-16 2:00PM-3:00PM

LOCATION: THE TRAINING SPOT

WHAT: Boys & Girls ages 12-16 yrs.

A great introduction to the fundamentals of strength training! Come learn how to strength train just like high school, collegiate and even professional athletes!

Strength training makes you stronger, more explosive and also helps with injury prevention!

Lifting helps to protect joints, muscles and tendons as well as promote bone and muscle growth in younger athletes.

COST: \$80 per week or \$200 for all 3 weeks!

BONUS: Professional/Elite Trainer and Tspot owner, Paul Feters will speak on the many benefits of proper nutrition for young athletes today!

“Paul has diligently studied the effects of nutrition and exercise on human physiological performance for more than thirty years. Paul has worked directly with amateur as well as professional athletes to prepare them for competition and give them the benefit of the A.M.S. Nutrition edge.”

Register TODAY as SPACE IS LIMITED!

714.374.7448 / 440 MAIN ST. HB 92648