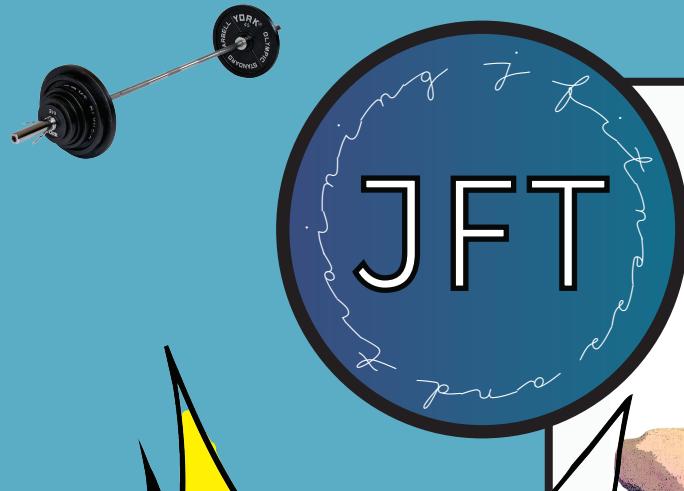


# SUMMER CAMPS 2021

## EARLY BIRD PRICING!



Instruction from  
a certified personal training  
and strength & conditioning  
coach



Cost \$150/camper  
camp size max is 9

## Basic Training Camp

ages 12-14 Years

Included in camp:  
1 hour per day of instruction 5 days

small group workshop covering:

Introduction to proper warmup and workout preparing techniques  
Introduction to Plyo-metric training **explosive sport driven training**

SPORT CONDITION TRAINING USING BODY WEIGHT, BANDS, SLEDS AND SOME WEIGHT WORK

*Intro to proper nutrition practices for the young active athlete  
Summer workouts to take home with them*

Register by May 15th to  
receive early bird pricing



## Intensive Camp ages 15-17 Years

Included in camp:  
1.5 hours per day of instruction 5 days  
small group workshop covering:

Proper warmup and workout preparedness  
Basics on **deadlifting**, bench press, **military press**, **squats**, **barbell lunges**,  
additional barbell and dumbbell iso exercises

Introduction to kettlebells and kettlebell training

*Nutrition for sport development and recovery*

Program for success, campers will learn how to make basic workout routines for themselves

A summer workout program to take home with them

A summer workout  
program to take  
home with you

July 5-9th  
**No Limits**  
**St Albert**