

Strength Training Master's Camps

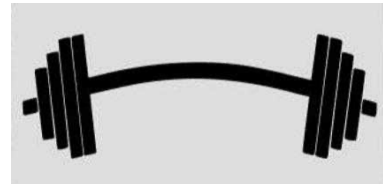
Master the “Big Three”

Bench – Squat – Deadlift

IMPROVE PERFORMANCE IN ALL SPORTS

Each Session will cover:

- Breathing and bracing
- Proper form
- Accessory lifts to boost
- Core training for each lift



Cost for all three camps is only \$10

Fee includes a shirt for anyone completing all three camps, snack and drink at each camp

Athletes do NOT need to attend all three, shirts will only be awarded to those that DO attend all three

June 26th 6:00 PM-9:00 PM SQUAT

July 15th 6:00 PM-9:00 PM BENCH PRESS

July 22nd 6:00 PM-9:00 PM DEAD LIFT

One make-up camp will be offered, date TBD

Each camp will include instructional time & individual coaching,
workload will NOT be heavy

Camps offered by Kelly Prichard and Joe Payne

Call 419-569-2876 to register ahead or with questions