

FUNCTIONAL **S**TRENGTH & **C**ONDITIONING

A term full of fitness variety!

Circuit Training, Speed and Sprint mechanics, Plyometric training and alternative team sports Hooverball and Frisbee. There is something for everyone!!

CIRCUIT TRAINING

- NO SPORTING PROWESS REQUIRED
- VARIETY OF EXERCISE STATIONS
- FUN, ENERGETIC, FULL BODY WORKOUT
- INCREASES CARDIOVASCULAR FITNESS AND STRENGTH AND STRENGTH



SPEED & SPRINT MECHANICS

- IMPROVE SPRINT TECHNIQUE AND EFFICIENCY
- BOOST STRAIGHT LINE SPEED AND ACCELERATION
- SHARPEN YOUR ABILITY TO CHANGE DIRECTION

PLYOMETRIC TRAINING

- ALSO KNOWN AS 'JUMP' TRAINING
- EXERTING MAXIMUM FORCE IN SHORT INTERVALS WITH EXPLOSIVE MOVEMENTS; HOPS, SKIPS, JUMPS
- HELPS IMPROVE SPEED, STRENGTH AND POWER
- IMPROVES LANDING / JUMPING MECHANICS

