

S.P.R.I.N.T. Performance

Strength & Conditioning Programs

S.P.EED Blow away the competition by encompassing the strength and muscle symmetry that will improve your acceleration and top end speed.

P.O.WER Explode past your adversary by applying speed to simple and dynamic movements to exploit your true potential.

R.EACTION Be better prepared than your counterpart through fast/progressive drills designed to enhance motor response.

I.NTEGRATED Learn how to get the edge on your opponent by combining education, practice and nutrition.

N.UTRITION Increase your stamina and abilities as an athlete through proper nutritional education.

T.RAINING Refine your abilities with guidance of trained professionals focused on building a better you.



Our personal training system is backed by the **National Academy of Sports Medicine**. It is one of the most comprehensive and nationally-recognized health and fitness organizations available today. Combined with our degreed and experienced staff, you'll be well on your way to achieving whole health.

Monday/Wednesday/Friday 1-2pm

Session I: June 14 - July 9

Session II: July 12 - August 6

Cost: \$120 per athlete

Camps will focus on Speed, Agility, and Endurance Conditioning.

Don't let your athlete wait until the last minute to try and catch up to their teammates who have been training all summer. Off-season conditioning can be the difference between your child playing the game or watching it from the bench.

Don't delay! Register your athlete by contacting Jacob Henn at 610-376-2100 ext. 237 or jhenn@bodyzonespots.com

Our philosophy is to develop the athlete in a dynamic environment while incorporating aspects of actual game situations.

S.P.R.I.N.T. focuses on the speed, power and agility of an athlete and translates these characteristics to guaranteed success. Our staff of conditioning specialists hold degrees in Exercise Science and are certified through nationally ranked organizations.