**TOTAL CHAOS 8 WEEK TRAINING PROGRAM**

**COME TAKE THE CHAOS CHALLENGE**

8 week program BUILT to enhance your Speed, Agility,

Conditioning and Strength…



Contact

Lisa Turner

at 561-3079

 with Questions

**ATHLETE GETS:**

* 3 session per week: this will help build work ethic, dedication and group bonding
* Additional “Special Location” Workouts TBA
* Every Monday, Wednesday and Friday
* Conditioning & Core Strength Addressed
* Sprinting Technique
* Agility: including but not limited to lateral work, back pedaling, angle pedaling, drop step etc.

**$200 per Athlete**

That’s only

$8.33 per session!

* Weight training: Endurance, Strength and Injury Prevention

***All Athletes*** will be coached on the correct technique for each drill, as well as, given several opportunities to perform repetitions of each drill…

\**Athletes will need to bring*

*water bottle and a great attitude!*