

Need to Jump Higher?

If so, we have a program for you...

PERFORMANCE ENHANCEMENT & JUMP TRAINING

JUNE 13 - JULY 29



**BASIC
\$190**

**PREMIER
\$270**

BASIC PROGRAM

2 Days/Week (6 weeks) - 12 Sessions
(Mon & Wed)
9 a.m., 12 p.m. or 1 p.m.

Athletes Will:

Improve Lower Body Strength
Enhance Jumping Ability & Technique
Execute Plyometric Exercises
Improve Core Strength
Learn ACL Prehabilitative Exercises
(12 Athletes Per Class)
Class Duration: 60 minutes

PREMIER PROGRAM

3 Days/Week (6 weeks) - 18 Sessions
(Mon, Tue & Thur)
9 a.m., 12 p.m. or 1 p.m.

Athletes Will:

Improve Upper & Lower Body Strength
Enhance Jumping Ability & Technique
Execute Plyometric Exercises
Improve Core Strength
Learn ACL Prehabilitative Exercises
Improve Agility & Quickness
(12 athletes Per Class)
Class Duration: 75 minutes

LOCATION:

10360 West 70th Street
Eden Prairie, MN 55344



PHONE:

952-239-3290

EMAIL:

markellellis@gmail.com

Payment Info: Make Checks Payable to Mark Ellis