

FRIDAY NIGHT FOOTBALL PROGRAM



Attention Athletes: You can't wait until July or August training camp to start working on your 40-yard dash to improve your time, and you should also start gaining focus in the weight room. So every Friday night during the month of June, we are offering a 90-minute training session for athletes (those entering 8th grade in September – as well as freshman through seniors). Our Certified Personal Trainers will help athletes to improve speed, agility, balance, strength, plyometrics, explosiveness, core control, and step quickness through football drills using ladders, hurdles, cones, football bags, and our Vertimax Trainer and CoreTex Trainer. If you are not familiar with the Vertimax, this patented, jump-training technology is specifically designed to power in all phases of a vertical jump - which is great for every sport. AND we will also be doing collegiate lifts including deadlifts, bench pressing, barbell squats & shoulder presses (with concentration on proper form). This will give your athlete confidence as they head onto the field or into the weight room this fall. We also provide them with helpful sports nutrition info, so they understand how to fuel for optimal performance. **And although designed for football players, I can't think of any athlete that wouldn't benefit from this program. To register for this program, contact Michael at 908-403-7605.**

The cost of this program is only \$149 for FIVE 90-minute sessions (Fridays from 5:30 - 7:00 p.m.). If you are already training at !IMPACT during the month of June, you will receive a \$10 discount. Athletes who miss a session are welcome to come to any one of our Elite Athlete sessions or Weight Training sessions on our Group Training Schedule (Dates: June 1st, 8th, 15th, 22nd, and 29th)

Payment is due upon registering – as we are limiting the number of athletes so they gain the most from this training. You can pay by phone or stop in to see us. Just give us a call to arrange payment. We accept cash, checks, VISA/MC/Discover and Amex. Just call Michael at (908) 403-7605 to register or if you have any questions.



!IMPACT Training: 126 Stryker Lane, Building 24, Units 3 & 4, Hillsborough, NJ 08844
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