



PARK RIDGE TRAVEL FALCONS: OFF SEASON TRAINING

Objective:

Athlete Optimization: is a Strength and Conditioning Program for Jr.High/High School athletes with an intention to teach the building blocks of movement, strength and performance. Each Session will have a maximum of 8 Athletes to make sure that your athlete gets the proper guidance they need to achieve success.

Workouts are designed with a multi-dimensional approach, that include functional strength and conditioning, mobility, and decompression that will be incorporated to ensure each athlete builds a strong foundation, and develops a higher level of understanding on how to take care of their body.

Mindset: The champion mindset is formed over time by hard work, the right amount of resistance, and the ability to build the characteristics of resilience and perseverance. The Athlete Optimization Series is designed to fully balance and optimize athletes physically and mentally to access levels of their highest athletic potential.

Improve:

- *Functional Strength
- *Rotational Strength
- *Speed and Agility
- *Power/Explosiveness
- *Mobility/Decompression
- *Coordination
- *Rest/Recovery
- *Breathe Work
- *Mindset

Starts December 14th

Mondays Tuesday Wednesday Thursday

Session 1 | 3:30pm-4:25pm

Session 2 | 4:30-5:25pm



Packages (subject to change)

Drop In | \$30

10 Sessions | \$25/Session (\$250)

20 Session | \$20/Session (\$400)

Sessions expire after 12 weeks

All Sessions Led By Danny Cola

Book Here ---> <https://www.vagaro.com/undergroundfitnessstudio/classes>

1st Session Complementary

Free Underground Fitness T-Shirt with Package

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