

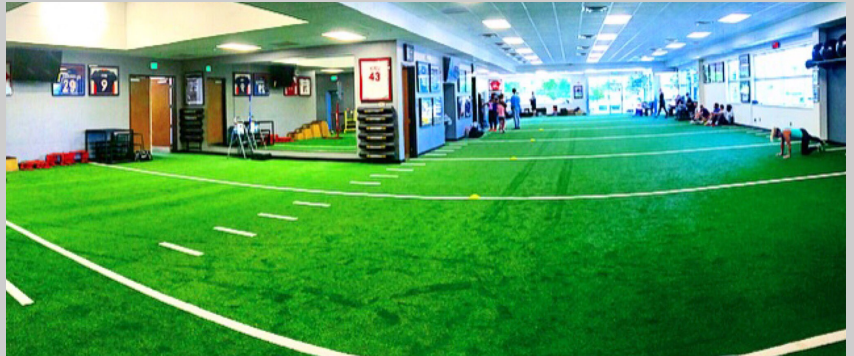
# OFF SEASON TRAINING AT LANDOW PERFORMANCE

Off season training at Landow Performance with Coach Nathan Henry will help maximize athletic performance.

The athletes will go through a program designed to:

- Build muscle mass
- Increase strength and power
- Improve acceleration, top speed and quickness
- Enhance balance, stability and endurance
- Reduce the risk of injury

Athletes are expected to come in focused, ready to listen and intent on becoming better.



## Phase I BEGINS APRIL 15th

### Training Days and Times:

13-14's: Monday's and Wednesday's @5pm  
Saturday's @11am

15-16's: Monday's and Wednesday's @4pm  
Saturday's @10am

17-20's: Monday's and Wednesday's @3pm  
Saturday's @9am

Limit of 20 Athletes per group

### Cost:

- Phase I (April 15th-June 5th): \$700
- Phase II (June 17th-August 21st): \$700
- Phase I and II purchased together by March 31st: \$1200
- Early sign ups or both Phase I and II is February 12th: \$1000

### Contact: Coach Nathan Henry

(303)746-1694

nathan.henry9@gmail.com

Sports Performance Coach

NASM- PES,CES,YES

Landow Performance

7094 S. Revere Pkwy

Centennial, CO 80112