



TITANS

MIDDLE SCHOOL

WEIGHTLIFTING CAMP

WHEN

Session 1: Jan 27 - Feb 25th
Session 2: Mar 31 - Apr 29th

Tuesdays & Wednesdays
3:30 - 4:30

COST

\$150

2 STUDENTS FOR \$200

WHAT

Students will learn weight room safety, proper lifting techniques, and increase speed and agility. Our goal is to provide a safe and exciting environment to help motivate young athletes to become the best version of themselves. The kids will be challenged both physically and mentally during this process.

WHERE

Legend High School
Weight Room

Enter through the door closest to the Blue Turf Field, on the East side of the school.



WORKOUTS

10 MINUTE DYNAMIC WARM-UP

15 MINUTE SPEED OR MULTI-DIRECTIONAL TRAINING

30 MINUTE STRENGTH TRAINING

5 MINUTE COMPETITIONS

REGISTER HERE