

S.Q.A. TRAINING PROGRAM

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Conducted by our 16u Head Coach and Certified Personal Trainer Mike Boudreau

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SPEED, QUICKNESS, AGILITY TRAINING FOR THE ELITE BASEBALL PLAYER

Take your game to the next level with a full winter workout package,

Taught by a Certified Personal Trainer

If you want to compete at the top levels, you have to be in top physical shape.

This training will provide you with that training

Increase your overall conditioning

Increase your speed in the field

Increase your speed on the bases

Increase your endurance during Tournament and Weekend play

Decrease your chance of injury during the summer

THIS IS A MUST FOR THE ELITE BASEBALL PLAYER!

Tuesday and Thursday

4:30pm until 5:45pm

Cost: \$225.00

Twice a week for 6 weeks

Classes Start November 24, 2010

**Cost includes 2 FREE PRIVATE LESSONS WITH
MIKE BOUDREAU**

CONTACT BULLETT PROOF BASEBALL TO SIGN UP

Class size will be limited!

Call Scott at: 905-732-1687

905-321-8080

nbullet@yahoo.com