



F.A.S.T!

Flexibility And Strength Training ~ for male athletes

Most teenage boys know that being strong will make them faster, better athletes, but they don't realize the additional power/speed/strength they will gain by also working on their flexibility. If your son cannot touch his toes it doesn't just mean he has tight hamstrings~ it means the hamstrings are working overtime because his hips and glutes are not doing their job! This also changes the position of the pelvis and when not in optimal placement all sorts of problems can happen with the mechanics of running, landing, jumping, and changing directions. When participating in sports with chronic tightness athletes are not only putting themselves at risk for sport injuries they are also missing out on extra power, speed and endurance that a flexible and strong body can produce.

This program integrates core training, strength training and flexibility training for sport improvement and injury prevention. If your teen has one or more of the 'issues' listed below this type of training will provide great benefits. If not, they will still get stronger! Sessions Monday - Thursday are limited to **4 boys** for personalized attention. Friday's co-ed group workout is capped at 15.

Flexibility Issues

- ▶ Can't touch their toes
- ▶ Can't stretch their hips
- ▶ Can't do a wide stance side lunge
- ▶ Can't squat (knees cave in or go out)

Postural Issues (Weak Core)

- ▶ Shoulders roll forward
- ▶ Arches collapse when barefoot
- ▶ Inefficient gait when running

Structural Issues

- ▶ Foot/ankle problems
- ▶ Knee pain when running/jumping
- ▶ Hip pain when running
- ▶ Shin splints
- ▶ Back pain
- ▶ Hamstring, quad, hip flexor or groin tightness or pulls

Sessions are held at On the Ball Fitness, 14714 Bothell Way NE, LFP ~ just 2 miles east off I-5 145th NE Ave exit. **June, July and August:** morning, afternoon and evening groups are forming now.

\$20 per session (55 minute shared personal training), plus sales tax, punch card prepaid.
\$10 Friday Fitness Fun workout, pay when you come.

For more information please contact me

Bronsa Swint, CSCS
Certified Strength and Conditioning Specialist
bronsa@ontheballfitness.biz
(206) 605-4245



G.O!

Girls Only! Training for female athletes!

Middle and high school girls need extra strengthening to counteract the changes brought on by puberty. Wider hips need stronger glutes and leg muscles to control landing, jumping, and quick direction changes that are required by sport. Muscle imbalances play a key role in sport injury including the large number of knee injuries seen in female soccer players. Having *über* strong hips can prevent all sorts of issues including shin splints, knee pain, even foot pain - plus these muscles create speed and power! Being inflexible is an indication of muscle imbalances. If your daughter is not able to touch her toes it doesn't just mean she has tight hamstrings ~ it means they are working too hard because her hips and glutes are not doing their job! Female athletes really benefit from strength training. G.O! is designed specifically for girls to learn safe weight training from an experienced female trainer.

This program integrates core training, strength training and flexibility training for sport improvement and injury prevention. If your teen has one or more of the 'issues' listed below then this type of training will be very beneficial. If your teen doesn't have these issues this program will still make them stronger! Monday - Thursday Sessions are limited to **4 girls** for personalized attention. Friday's co-ed group workout is capped at 15.

Flexibility Issues

- ▶ Can't touch their toes
- ▶ Can't stretch their hips
- ▶ Can't do a wide stance side lunge
- ▶ Can't do a squat correctly (i.e., knees cave in)

Postural Issues (Weak Core)

- ▶ Shoulders roll forward
- ▶ Arches collapse when barefoot
- ▶ Inefficient gait when running

Structural Issues

- ▶ Foot/ankle problems
- ▶ Knee pain when running/jumping
- ▶ Hip pain when running
- ▶ Shin splints
- ▶ Back pain
- ▶ Hamstring, quad, hip flexor or groin tightness or pulls

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