



Strength Training, Weight-Loss, Sports Specific Training, Speed Development, Flexibility Training, MMA Conditioning, Nutrition Consultation

GROUP
Speed Development and
Strength Training 101*

For members of
The Macomb Mustang Youth Football
Program

Speed Development – Offered to all levels, focusing on flexibility, sprint mechanics, agility training, and plyometrics.

Strength Training 101 – Offered for varsity players only. Focus will be on proper form and techniques of weight training, flexibility training, and plyometrics. Younger players will train with body weight only, and focus on mechanics, balance and movement.

Bring your own group 6 – 8 players, 4 sessions for \$60 per player. Pre pay and save your dates.

Mike Benavides (586)557-1592
NASM Certified Trainer, BA Physical Education
Physical Education Iroquois Middle School
Strength and Conditioning Coach Macomb Dakota
Speed Development Coordinator Macomb Mustangs

Email for one-on-one training prices @ benz_44@yahoo.com

