



JUNIOR

for athletes ages 12-14



THE PROGRAM

- Intermediate Speed Dynamics
- Low-Level Plyometrics Training
- Dynamic & Static Flexibility
- Beginning Strength Training
- Power Development
- 3D Core Exercises
- Functional Strength Training
- Character Development
- Promotion of a Healthy Lifestyle

THE DETAILS

- Monday - Friday
4:30 - 6pm (school hours)
- Saturday
9:30am - 11:00am

Register at orthopedicinstitutesf.com or 605-271-7130
5901 S. Southeastern Ave. Sioux Falls, SD 57108