



# JUNIOR

*for athletes ages 12-14*



## THE PROGRAM

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- 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

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

Register at [orthopedicinstitutesf.com](http://orthopedicinstitutesf.com) or 605-271-7130  
5901 S. Southeastern Ave. Sioux Falls, SD 57108