



Advanced Strength Concepts Inc.

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2010 Football Season Preparatory Package

Dates: July 4 to August 13, 2010

Ages: Minimum birth year 1995

This intensive 6-week package will get you ready for football season the right way. Come and experience the Xconditioning difference - get bigger, stronger, faster, and more in-shape than ever before with this complete season preparatory package. Leave nothing to chance this year, elevate your game the right way – the X way.

PROGRAM COST: \$850 (incl. GST)

This Package Includes:
6 weeks hands-on training
Private, structured classes
4 days/week training July 4-23
5 days/week training July 25-August 13
Strength Training
Plyometric, Agility, and Conditioning
Xconditioning T-shirt

A \$150 deposit is required to hold your registration. Payment plans available.

Only 6 spots are available so book today.