



Advanced Strength Concepts Inc.





505 2nd Ave,
Prince George, BC
V2L 2Z8
250-649-5522

Dates: January 16 to April 25, 2010
Ages: Minimum Birth Year 1995

Prepare yourself for the season the right way - prepare the X way.

This complete preparatory package includes everything a baseball player needs to be at his/her best when the season starts. This 14 week package is for the committed, highly motivated athlete.

Our premier package offers the following:

-  1 Hitting Session per week starting January 16 (15 total sessions)
-  3 Strength and Conditioning Sessions per week starting January 17, 2010 (42 total sessions)
-  1 On-Field Skills Development Session per week starting March 28 (6 total sessions)
-  XConditioning T-Shirt

Program Cost: \$1600+GST

This offseason and preseason program includes hands-on strength training including sport-specific programming, baseline testing at the start, middle, and end of the program, and aerobic testing at the start and end of the program. Intense strength training and aerobic sessions, 15 hours of hitting instruction and 6 hours of on-field skills development. The Xconditioning strength specialists work hand-in-hand with the athlete to advance their skills in all forms of athleticism and baseball-specific skills. Hit the field running this season with Xconditioning.

First month of training deposit required to reserve your spot. Monthly payment plans available.

Contact us by phone or email today to save your spot.

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