



SUMMER STRENGTH & CONDITIONING PROGRAM

WORKOUT WEEKS

- 1 JUNE 2-5 (MON-THURS)
- 2 JUNE 9-12 (MON-THURS)
- 3 JUNE 16-19 (MON-THURS)
- 4 JUNE 23-26 (MON-THURS)
- OFF** JUNE 30 - JULY 4 (MON-FRI)
- 5 JULY 7-10 (MON-THURS)
- 6 JULY 14-17 (MON-THURS)

PROGRAM FOCUS

- ✓ STRENGTH & EXPLOSIVENESS
- ✓ BALANCE & FLEXIBILITY
- ✓ SPEED DEVELOPMENT
- ✓ AGILITY
- ✓ ENDURANCE
- ✓ TEAM BUILDING
- ✓ INJURY PREVENTION

SPORT SPECIFIC SKILLS

- ✓ Sport Specific Skill Workouts are only available to Incoming 9-12th Grade Athletes.
- ✓ Sport Specific Skills Workouts will be made available at no additional cost.
- ✓ Sport Specific Skill Workouts Days/Times will be communicated by each sports Head Coach.

HIGH SCHOOL BOYS SPORTS

90 Minute Workout
INCOMING 9-12

- 📍 ARGYLE HS FIELD HOUSE
6601 Canyon Falls Dr.
- 🕒 8:00 - 9:30 AM
- 🏃 **SPORTS** - Football, Baseball, Boys Soccer, Boys Track, Boys Wrestling
- 📅 [REGISTER HERE](#)

*PRICING AND PAYMENT INFORMATION AVAILABLE WITHIN THE REGISTRATION FORM

MIDDLE SCHOOL ATHLETES

90 Minute Workout
INCOMING 7-8

- 📍 ARGYLE MS FIELD HOUSE
191 S. Highway 377
- 🕒 8:00 - 9:30 AM
- 🏃 **GROUPS** - 8th Grade Boys, 7th Grade Boys, & 7th/8th Grade Girls
- 📅 [REGISTER HERE](#)

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HIGH SCHOOL GYM SPORTS

60 Minute Workout
INCOMING 9-12

- 📍 ARGYLE HIGH SCHOOL GYM
6601 Canyon Falls Dr.
- 🕒 8:30-9:30 AM - Volleyball*
(*3 Days/Week - 6 Weeks)
- 🕒 9:30-10:30 AM - Girls Basketball*
(*3 Days/Week - 6 Weeks)
- 🕒 10:30-11:30 AM - Boys Basketball*
(*4 Days/Week - 6 Weeks)
- 📅 [REGISTER HERE](#)

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HIGH SCHOOL GIRLS SPORTS

60 Minute Workout
INCOMING 9-12

- 📍 ARGYLE MS FIELD HOUSE
191 S. Highway 377
- 🕒 9:30 - 10:30 AM
- 🏃 **SPORTS** - Softball, Girls Soccer, Girls Track, Girls Wrestling
- 📅 [REGISTER HERE](#)

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SIGN UP NOW

