

Athletic Weight Training Clinics

For Student-Athletes entering Grades 9– Up/College



Athletic weight training is different from weight lifting. Apex's series of hands-on clinics will go into the how's and why's to help student-athletes excel in their training and conditioning.

Athletic Lifting 1.0 Dates– Sign up for either July 22 or July 29

Athletic Lifting 2.0 Dates– Sign up for either Aug 5 or Aug 12

Time: 6 pm to 7:30 pm

(Enrollment Limited to 6 Student-Athletes)

Apex Athletic Performance

W7140 School Dr in Batavia (Former Batavia Elementary School)

\$15/ clinic \$25 for both 1.0 and 2.0

(Attendees do not need to take 1.0 before 2.0, but it is recommended)



Why Weight Train for my sport?

Why Olympic Lift?

How Deep should I squat?

How much should I lift?

How frequent should I lift?

What is proper technique?

What lifts should I be

doing?

*The clinics will cover
all these questions,
and more!*



Clinic Presented by:



ApexAthleticPerformance.com

Registration forms available online at: ApexAthleticPerformance.com

Return registration forms to:

Apex Athletic Performance,
251 Highland St, Adell, WI 53001

Contact w/questions:
Dr. David Boll 920-450-6066 or
ApexAthletic@wi.rr.com