



HOCKEY STRENGTH AND CONDITIONING PROGRAM BANTAM & MIDGET

Reeves Fitness Coaching



Program Includes:

- strength training (3x/week)
- conditioning (2x/week)
- mobility and recovery sessions
- Daily check ins
- app to track progress

This program will begin June 1st and consist of 3 phases to have you in peak performance for hockey season. The program runs until August 31st.

Registration is \$200

contact

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for more information

