Youth Functional Strength Training for All Athletes

When we talk about Youth Training most people think of speed and agility. Contrarily there is a much greater range of benefits that can be obtained when training our youth to make them more effective overall athletes and more successful as they grow and mature. Give your child every opportunity to excel in the sports that they choose to participate in by taking advantage of our program. We will make your child better prepared both mentally and physically to achieve their fullest potential!

The Compound Youth Training Program works with athletes from age 6 – college age. We build our programs to be age appropriate to make sure that our clients are trained with proper progressions of technique, rigor, intensity, and difficulty.

Specifically in relationship to developing an athlete we would address but not limit the program to the following areas: Hand eye coordination, balance, mental toughness, reaction time, speed, agility, quickness, core strength, stability, explosion, bilateral and unilateral movements, body control, functional strength, flexibility, muscular endurance, dynamic movements, and cardiovascular endurance

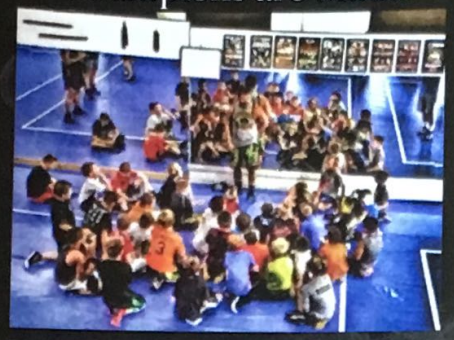
SPECIAL OFFER:
ANYONE PURCHASING A SESSION PACKAGE WILL RECEIVE A COMPOUND SHIRT.

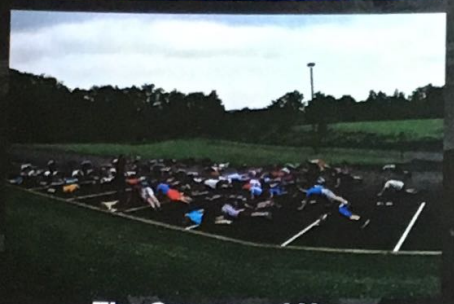
ANYONE NEEDING FINANCIAL SUPPORT OR FINANCIAL HELP CONTACT ME FOR DETAILS.

The Compound is for all athletes wanting to get the edge on the competition and become Elite in their sport! Call Today: For Team rates and Family plans!

The Compound
"Youth Functional Strength"

"Champions are not born, Champions are Made!"





The Compound Hours:
The Summer hours will vary and starting in the fall, we will have days and times established.

Referral Plan:
Refer 10 athletes who purchase a 10 session package and get a 10 session package FREE! Make sure they mention your name.

http://www.issacertifiedtrainer.com/thecompound
445 Schoolhouse Road
Johnstown, Pennsylvania
15904

The Compound

"Youth Functional Strength"

For All Dedicated Athletes

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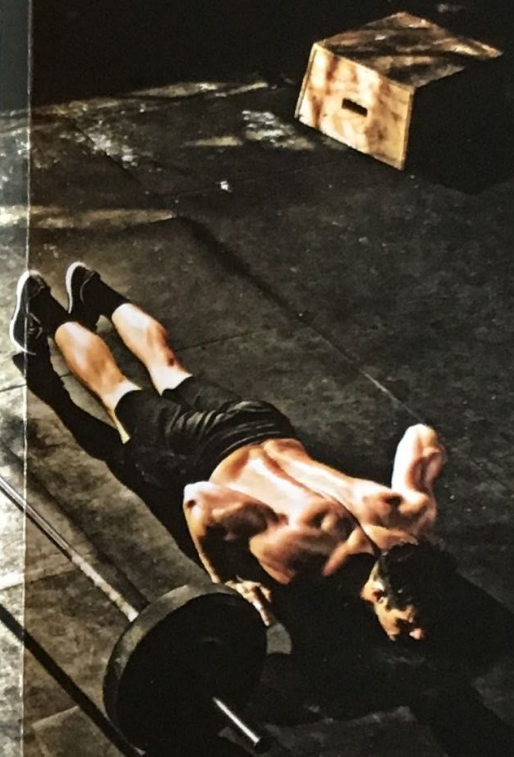

The Compound
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