

XL Train 360 is a full-spectrum training philosophy developed to meet the specific needs of individual athletes looking to maximize their athletic potential. Athletes enter into the XL 360 Training Continuum which will guide them through each phase of athletic development.



Game Planning

Start with a free 30-minute consultation where you and an XL Strength Coach will review your goals, assess your current athletic status, identify which program is right for you, and develop a training plan to meet your specific needs. Consultations are scheduled on an individual basis...please call for availability

Winter 2011-2012 Programs

Performance

Training scheduled individually with athlete(s) to meet the needs of their program

Training options include 1-on-1, small group, and team training for 6 or more athletes

Start date determined in Game Planning Consultation along with other program details

Primary (Youth)

Friday
5:00 - 5:45 p.m.
(8 week program)
Start Date:
January 9th

Foundational

Monday thru Thursday
6:00 - 7:00 p.m.
(4, 8 or 12 wk program)
Continually Running
Class
1 thru 4 day options

Developmental

Monday thru Thursday
5:00 - 6:00 p.m.
(4, 8 or 12 wk program)
Continually Running
Class
1 thru 4 day options

Sport Specific
Baseball / Softball
Soccer
Track & Field

**Inquire for each
start date**

Team Training

How & when do
YOU want to train?
With your input we'll
design a program to
meet your team's
specific needs!

Adult

Monday and Wednesday
9:30 - 10:30 a.m. &
7:00 - 8:00 p.m.
(8 week program)
Start Date:
January 9th

Getting started is easy!

Call 430-4722 to schedule your free 30-minute Game Planning consultation with an XL Strength Coach. Determine your training goals and availability in advance and bring them to your consultation. Additional program details will be discussed and questions can be answered at this time.

bellinhealth

Fitness & Athletic Performance



www.xlplaylarge.com



Program Descriptions



Performance

XL Train 360 is for dedicated athletes looking to take their training to the next level by entering into a focused training program with a highly experienced Certified Strength and Conditioning Specialist. No two programs are the same - with your input, an XL Strength Coach will develop a training plan that fits your schedule and will progress you towards meeting your goals. Athletes can expect consistent individual feedback allowing for accelerated athletic development. Training options include 1-on-1, small group, and team training for 1 - 12 athletes.

Primary (Youth)

Familiarizes beginning athletes with basic athletic movement patterns

Athletes will participate in:

- Sprinting, Jumping, and Agility
- Body Weight Strength Training Exercises
- Warm-Up and Flexibility

Foundational

Establishes the basic movement patterns and functional skills necessary to participate in competitive athletics

Athletes will participate in:

- Coordination, Balance, Footwork, and an Introduction to Plyometric Training
- Functional Strength Training, an Introduction to the Weight Room and “Weight Lifting” exercises
- Dynamic Warm-Up and Static Flexibility

Developmental

Continues to progress the athlete’s foundational skills

Athletes will participate in:

- Basic Speed, Agility, and Plyometric Training
- Weight Room Strength Training, an Introduction to Olympic Lifting, and Functional Strength Exercises
- Dynamic Warm-Up, Myofascial Release (foam rolling), and Static Flexibility

Sport Specific:

Integrates sport specific movements into intermediate and advanced training techniques

Athletes will participate in:

- Acceleration / Speed, Agility / Quickness, and Plyometric Training along with sport specific conditioning
- Sport Specific Strength Training, Olympic Lifting, and Functional Strength Exercises
- Dynamic Warm-Up, Myofascial Release (foam rolling), Advanced Dynamic and Static Flexibility

Adult

Integrates the principles and techniques of performance training into fast paced athletic style workouts

Adults will participate in:

- Performance Training Exercises, Core Strengthening, and Functional Movements
- Weight Room Strength Training
- Flexibility and Injury Prevention Techniques

