

Guys,

Jason has agreed again this year to come to SLUH to do training twice a week. He will be starting February 1st and going every Tuesday and Thursday until February 24th. Work outs would begin at 3:30 and are held at SLUH on the turf field. Those of you that attended last year will agree how much of a help it was to work with him. He brings all his equipment to SLUH and does a lot of unique exercises that increase your cardiovascular system. He focuses a lot on resistance training and explosive leg strength. If anyone has questions on what a session is like, please ask one of the older guys, who participated last year.

Jason Barbor
BS Exercise Physiology
Certified Sports Performance Specialist

Level 4 Poliquin PICP certification. Less than a dozen people in the world hold this certification.

Have trained and/or written nutritional programs for athletes from the NFL, USA Track and Field(including a world champion) NCAA(including two all-Americans), NBA, CFL and Multiple HS State Champions.

Workouts for SLUH Athletes would include:

*Structural Balance (eliminating muscular imbalances to increase performance and reduce their chance of injury)

*Functional Strength Training

Program will include exercises that focus on total body strength and power. Athletes will see a major carry over for athletic performance unlike conventional bodybuilding methods

*Energy System Training

It's imperative that athletes use a similar style of interval cardio in training that they will encounter in their sport. Cardio Program will be based around average sprint and rest periods to ensure maximal performance.

Cost for the 8 sessions (4 weeks) is \$99.00 and please note that this is **NOT** mandatory at all. This is a great opportunity if you are able to take advantage of it. I encourage you to talk to others that did this so you can get an idea of what to expect.

Thanks,
Coach Seyer
