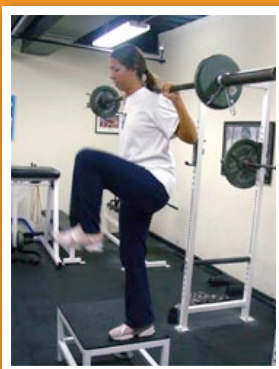
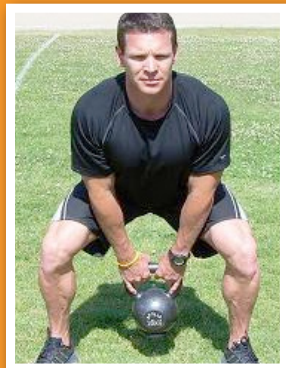




East Coast Conditioning

Sports Performance Training

Take Part In the ECC COLLEGE PREP TRAINING PROGRAM



Sports Specific

- Power Clean Lifts
- Clean and Jerks
- Kettle Bell Sessions
- Multi joint movements (Sports Specific Movements)
 - Plyometric and negative response training
 - Linear and lateral techniques

10 Sessions
Cost \$349

ECC College Prep Program Includes:

- 4 individual training sessions with Certified Strength Coach
- 6 supervised sport specific / individually designed programs (charted and documented to indicate progress)

Individual sessions need to be scheduled in advance. Designed supervised workouts can be done at athlete's availability at ECC Clark location Monday through Friday 2pm – 7pm, and Saturday 10am – 2pm (limited spots).

ECC College Prep Training Program only available to High School & College Athletes. Subject to discretion if Strength Coaches do not feel the athlete is ready to train without direct assistance. Supervised workouts are to be used within 45 days of package purchase. Purpose of the ECC College Prep Training Program is improve the athlete; the athlete must be dedicated to make the program work.

Supervised programs will be designed by ECC Senior Strength Coach **Kelly Wise, CSCS**. Kelly is the Certified Strength & Conditioning Specialist for East Coast Conditioning.

Kelly has conducted, developed, and trained strength and conditioning programs for:



National Collegiate Athletic Association



Kelly is a certified strength and conditioning specialist **CSCS, USAW Certified / Olympic Lifts**, and has earned a **B.A., M.A. in Exercise Science**.

Call to reserve your spot

(732) 381-9376

Info@ECC-Athlete.com

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