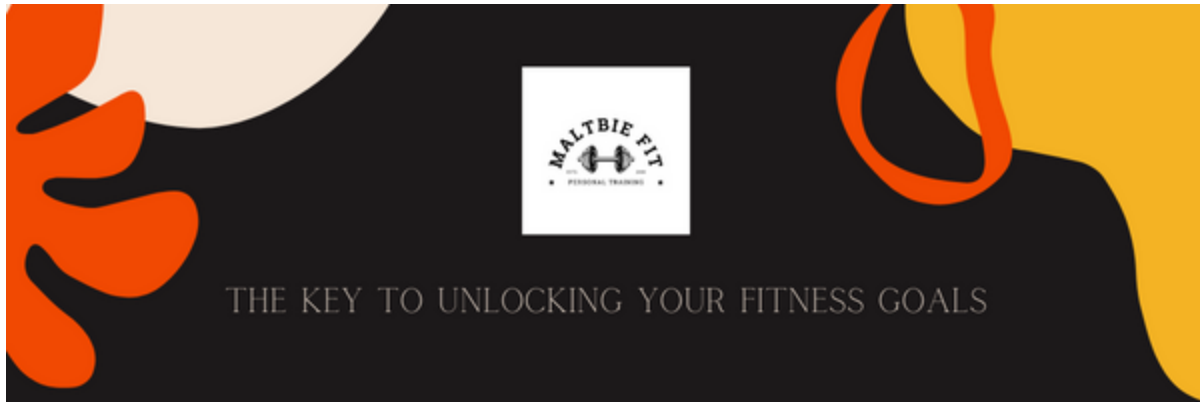




Kids Training

Injuries can devastate a young athlete's career. However, studies have shown that children participating in sports-based activities are more likely to avoid these injuries. Maltbie Fit works for teaching children the essentials of athletic movement with progression toward weight training.

“Won’t lifting heavy weight harm my child?” The answer is no. Once a child is taught the proper movement patterns, they can begin weight training that will seem to improve muscle tone and increase the power created.

If you have a child who is active in sports and needs help in athletic pursuits, we teach jumping, running, and lifting techniques to improve their sports output and lives.

Don’t be caught on the short end of the stick! Email me today, and let’s discuss how we can help your kid dominate their sport! Dancmaltbie@gmail.com