ATHLETIC FITNESS

ACCELERATED PE

Who can take this class?

- Those with a Champion Mindset:
  - Athletes and students who wish to better their overall fitness through strength and conditioning.

What do you get out of this class?

- 2 credits (1 per semester, this is a 1-year class)

- Required PE credit

- Increase in strength, speed and endurance to help you become a better athlete, a better teammate and ultimately make your team better

WHAT WE DO:

4 CORE LIFTS

- BACK SQUAT
- BENCH PRESS
- POWER CLEAN
- DEADLIFT

SPEED, AGILITY, QUICKNESS

- 40 YARD DASH
- 5-10-5 SHUTTLE
- BROAD JUMP

All Athletes WANTED!!

