

**LEARN THE FUNDAMENTALS AND TECHNIQUES TO WEIGHT TRAINING
WITH THE LOS ALAMITOS HS FOOTBALL STAFF**



COST: \$300 (30 SESSIONS)

LOS ALAMITOS HIGH SCHOOL FOOTBALL WEIGHT ROOM

TIME: 4 PM - 5:15 PM

EVERY MONDAY, WEDNESDAY AND THURSDAY FROM FEB 21ST- APRIL 26TH

CORE LIFTS: BENCH PRESS • SQUAT • POWER CLEANS • PUSH PRESS • CORE STRENGTH

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LOS ALAMITOS EDUCATION FOUNDATION

QUESTIONS | KELLYTALAVOU@GMAIL.COM | [\(714\) 726-6160](tel:7147266160)