

DISEPIO INSTITUTE

HUMAN PERFORMANCE LABORATORY

STRENGTH AND CONDITIONING CAMP

8 WEEK PROGRAM

JUNE 14 - AUGUST 6

REGISTRATION DEADLINE: JUNE 7

ENTERING 6TH-12TH GRADE

\$230

PRE & POST TESTING

WEEKLY EXERCISE PROGRAMS

MONDAY, WEDNESDAY, FRIDAY

80 MINUTE SESSIONS

**LED BY CERTIFIED STRENGTH &
CONDITIONING SPECIALISTS**

FOCUS ON STRENGTH,

**TECHNIQUE, AGILITY, SPEED
AND POWER**

TIME SLOTS:

8:00-9:20 AM

9:30-10:50 AM

11:00-12:20 AM

HPL@FRANCIS.EDU

814-471-1132