



# Cross Training for Youth



Lehi Legacy Center  
123 N Center St.  
801-768-7124  
www.lehi-ut.gov

## LEHI LEGACY CENTER CROSS TRAINING FOR YOUTH SUMMER 2013

*Are you looking for a way to increase your performance in your specific sport?*

Cross-training in sports and fitness refers to the combining of exercises to work various parts of the body at the same time or in succession.

### Benefits of Cross Training

- Universal sports application
- Produces a higher level of all around conditioning
- Conditions the entire body, not just specific muscle groups
- Reduces the risk of injury
- **Improves your speed, skill, agility, and balance**

\*Class activities can be used toward Personal Fitness Scout merit badge. Ask cross training coach for more details.

### Strength Training

- Calisthenics utilizing body weight resistance; pushups, crunches, rope climbs, and pull ups.
- Weight Balls
- Tubing and Bands

### Flexibility (Stretching, Yoga)

### Speed, agility, and balance drills

### Circuit training, sprinting, plyometrics and other forms of conditioning



### ×QUICK FACTS

What ..... Cross Training for Youth  
 Where ..... Legacy Center (East Gym)  
 Who ..... Ages 8yrs to 18yrs old  
 Date ..... Summer Session: June 4<sup>th</sup> thru July 16<sup>th</sup> 2013  
 Day ..... Tuesday and Thursday  
 Time ..... 8:00am-9:00am  
 Fee ..... \$72 (\$60 Lehi Resident Discount)

### REGISTRATION

Come to the Legacy Registration Office  
Mon-Fri 8am-6pm OR [www.lehi-ut.gov](http://www.lehi-ut.gov)

### INFORMATION

For more information call Legacy Front Desk at 801-768-7124



Post Until 7/16/13