



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 SPRING 2015

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**

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 10yrs to 18yrs old
 Date April 14 – May 14, 2015
 Day Tuesday and Thursday
 Time 5:30-6:30pm
 Fee \$60 (\$50 Lehi Resident Discount)

REGISTRATION

Come to the Legacy Registration Office
Mon-Fri 8am-6pm OR www.lehi-ut.gov

INFORMATION

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



Post Until 2/19/15