

WRSP

WEIGHT ROOM SPORTS PERFORMANCE

SUMMER PERFORMANCE PROGRAM

JUNE 22 – AUGUST 28

HIGH SCHOOL ATHLETES

LOCATIONS IN
GLASTONBURY + MANCHESTER

UNLIMITED SESSIONS

FORCE PLATES

SPEED DEVELOPMENT

RECOVERY

ATHLETE-SPECIFIC

SPEED PROFILING

DELTA TRAINING APP

RED LIGHT

COMPRESSION BOOTS

MASSAGE GUN

REGISTRATION OPEN

EARLY BIRD PRICING

\$599

DEADLINE

MAY 31

FULL PRICE AFTER JUNE 1

\$799

PROGRAM STARTS

JUNE 22

SPEED • STRENGTH • POWER • CONDITIONING • RECOVERY

[WEIGHTROOMSPORTS.COM/SUMMER-TRAINING](https://weightroomsports.com/summer-training)