



HARD CORE COLLEGE STYLE WRESTLING PRE SEASON CONDITIONING

Prepare for the upcoming season at **CATZ**: Competitive Athlete Training Zone with our high intensity, college style, pre-season power, quickness and endurance training

No sport relies on conditioning more than wrestling and no athlete requires unique training, specific to the demands of their sport, more than wrestlers. **CATZ** understands this and we are the only ones that offer a program like this to prepare wrestlers for their upcoming season

At **CATZ**, you'll develop:

- Explosive **quickness** for more takedowns
- Enhanced **endurance** to own the 3rd period
- Lower body **power** to escape from bottom
- Upper body **strength** for max pinning power
- Overall **fitness** w/ ↑ lean muscle, ↓ body fat



"Gold medals aren't really made of gold. They're made of sweat, determination, and a hard-to-find alloy called guts."

- Dan Gable

Start date: 10/20

Days: Tuesdays & Thursdays

Times: 4-5pm

Cost: \$99 for 10 sessions (pay in advance)
or \$15/session (pay as you go)



If you're not doing this, your next opponent might be...

Register by contacting CATZ: Competitive Athlete Training Zone
114 Parkway Drive South, Hauppauge (In SUSA Sports)

631 486-8933 or briank@catzli.com

www.catzli.com