



Total Conditioning Program

Tiger Coaching and Personal Training

- Flexibility Training**
 - Increase range of motion**
 - Prevent injuries**
 - Hamstrings
 - Ankles
 - Quadriceps (partner)
 - Calves (partner)
- Motor Skills Training**
 - Improve Coordination**
 - Improve Agility**
 - Improve Balance**
 - Better Skill effectiveness**
 - Agility ladder
 - Hurdles
 - Jumping rope
 - Arm circles
- Strength Training**
 - Prevents Injury**
 - Improve performance**
 - Medicine Ball
 - Chest throw, Side twist throw, overhead throw
 - Dumb bells
 - Lateral raise, DB curl, Shoulder press, DB fly
 - Tubing
- Endurance Training**
 - Aerobic conditioning**
 - Delays the onset of fatigue**
- Speed Training**
 - Develop Quickness**
 - Running Speed**
 - Obstacle course
 - Shuttle run