



Basketball Total Conditioning Program

Tiger Coaching and Personal Training

- ☑ Flexibility Training
 - Increase Range of Motion
 - Prevents Injuries
- ☑ Motor Skills Training
 - Improve Coordination
 - Improve Agility
 - Improve Balance
 - Better Skill effectiveness
- ☑ Strength Training
 - Prevents Injury
 - Improve performance
- ☑ Endurance Training
 - Aerobic conditioning
 - Delays the onset of fatigue
- ☑ Speed Training
 - Develop Quickness
 - Running Speed

Tiger Coaching and Personal Training

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