

Get the EDGE FREE Workshop

Who: Kids who are in sports or activities besides gymnastics and would benefit greatly if they improved strength, endurance, power and flexibility

What: A free workshop to go over what this program is all about.

When: Scheduled based on your group and schedule.

Where: Gymcats – 440 Parkson Road or can modify the program and come to you.

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Overview: This will be a program that will give workshops, give homework, test the kids' progress and have a point system that will help coaches, kids and parents track how much their child has improved. Periodically we will be holding competitions with awards/prizes and grand champions on each event.

Tests include – kids will get an all-around fitness score and try to improve on that score each testing.

1. Endurance – 20 run touch lines (40 feet each line) timed
2. Speed – 20 meter sprint timed
3. Upper body strength – rope timed – with legs – bonus points for no legs
4. Upper body strength – Arm walk test with legs on a low block and hands walking up and down off a 1" mat – for 60 seconds
5. Stomach strength – as many leg lifts touch a thick bar pad – in 30 seconds
6. Flexibility – pike sit feet against a low item – stretch and see how far fingers reach in front of, at or past feet flexed at the item.
7. Power – vertical jump – measure in inches between stand and jump reach
8. Upper body strength – ring hold – straight arms held no form requirements for time

Sign up today – this is a program for kids in any sport that would benefit from improved strength, flexibility, power, speed and endurance.

Recommended for ages 9 & up.