

Team X -Plosion

Speed Training

- Increased speed
- Faster reaction
- Explosiveness
- Footwork coordination
- Technique and form
- Improve lateral movement
- Quicker change of direction
- Injury prevention

Benefit of Exercise

- Look and feel better
- Help fight disease
- Increase metabolism
- Stronger bones
- Increase energy level
- Decrease risk of stroke
- Mental Toughness
- Balance & Flexibility

KK Athletics Introduces

A group of professional instructors, coaches and X pro athletes have come together to form **TEAM X-PLOSION**. We are an individual, small group, and team orientated training facility, that will specialize on individuals and teams achieving fitness goals. We will be working in a modern and restructured indoor training area.

- NEW turf area 5,000sq ft
- 1,500sq ft. Cross training area.
- Redesigned 1,500sq. ft. lobby and viewing area

Our trainers will educate, train & motivate each individual throughout different workouts to improve individual performance and achieve specific goals. We will offer a unique and demanding fitness experience for every level from the beginner to the advanced.

7-10 year olds: A Fundamental program that focuses on building core strength, speed technique, agility, and coordination.

11-14 year olds: A developmental program that focuses on speed, agility and proper technique for weight lifting, calisthenics and plyometrics.

15-18 year olds: A formal program of agility and speed training technique as well as specific strengthening.

Men's and Women's training: Dynamic training sessions for adults who strive for individual health and conditioning goals.

Team Training: Specializes in building team chemistry "Sweat together play together" Get faster, stronger and more agile to perform as one.

Personal or Sport Specific Training Specific to each individual or athlete. An individual program designed to improve your specific needs or individual skills. Such as general health, agility, strength, technique, self confidence, etc.

Are you training at KK Athletics? Now you can set up another training session at a special price. Is your team training or playing at KK Athletics? Set up a second team session of Speed and Agility. Individual and small group sessions are also available this winter.

PRICES AS LOW AS
\$8.00 per session in a small group.
\$15.00 per player in a team session.

SET UP YOUR TRAINING SESSIONS NOW FOR THE WINTER.

Contact us at
<https://www.facebook.com/teamxplosion/>
Coming soon. Web teamx-plosion.com

KK ATHLETICS
INDOOR SPORTS

