



# **BOUNCE 6 WEEK PRESEASON STRENGTH & SPEED TRAINING**

## **OUR PROGRAM:**

- *Designed for Teenagers*
- *Strength Training*
- *Speed Training*
- *Functional Core Strengthening*
- *6 weeks / twice a week / tues-thurs nights*
- *Become a stronger version of you!!!!*

**ONLY \$45  
PER CLASS**  
STARTS OCTOBER  
15TH

**GET GREAT RESULTS**

1300 855 442  
[info@bouncehealth.com.au](mailto:info@bouncehealth.com.au)



**CONTACT US**

# 2024 PRESEASON PROMOTION

**A SPECIAL 6 WEEK POWER & STRENGTH PROGRAM  
TWICE A WEEK FOR 6 WEEKS!!!! ONLY \$45 per session**

Bounce Health Group delivers world class Athlete Performance Testing and Strength & Conditioning Programs. This 6 week program is for teenagers wanting to do a strength/power block to have them primed for winter sports preseason.....

Two sessions per week for 6 weeks  
at our elite gym facility in Ringwood North. Don't miss out.....



**Matt Bailey**  
S&C Coach



**Tim Jeans**  
Sports & Exercise  
Physiotherapist

# 6 WEEK STRENGTH & POWER PROGRAM

Here is all the info you need.....



## 1. GET YOUR BODY STRONGER & PREPARE FOR THE UPCOMING PRE-SEASON

- increase muscle strength & power
- bulletproof your body for sport
- reduce the risk of injury
- we will enhance your performance
- become a stronger version of you!!!!



## 2. TIMES & COSTS



- 6 WEEK PROGRAM beginning Oct 15
- Located at Bounce North Ringwood
- 2 sessions per week | total of 12 sessions
- Tuesday & Thursday 5.30-6.30pm
- \$45 per session - pay as you go or 10% off for upfront payments in full
- Testing completed at the first & last sessions to demonstrates improvements
- *Private health with extras may get a rebate*

**SUITS FOOTBALL | SOCCER | BASKETBALL | NETBALL  
TENNIS | GYMNASTICS | RUGBY | MOST SPORTS**

- ✓ Programs written by Physio Tim Jeans & Exercise Physiologist Matt Bailey
- ✓ Objective Testing in the first and last sessions - we will show you your improvements
- ✓ An additional top up session will need to be completed at home between Fri-Sunday
- ✓ Enjoy training with other teenage athletes wanting to be better and stronger this summer!

**CONTACT US 1300 855 442 to book or more info  
Otherwise email us [info@bouncehealth.com.au](mailto:info@bouncehealth.com.au)**