

Youth Athletic Development Program



Program inclusions

- 2 x Strength, Power and Speed Sessions per week (4 - 5pm Mon/Wednesday)
- 2 x Conditioning Sessions per week (At home conditioning program provided)
- Program Specific to your Sport - New program every 6 weeks
- Performance testing every 6 weeks
- **\$30 per session** (at Motus Life - Conditioning Included)
- **or \$50 per week** (if attending both sessions)

Junior Athlete Development

Learn how to train in a fun engaging way for long term athlete development.

Youth Athlete Development

Start adding layers to fundamental movement patterns.