



TRAINING FOR THE COMPOUND ATHLETE

Endurance + Strength

SMALL GROUP TRAINING WITH JO BELL

Join Jo for this 8 week training program to build strength, increase endurance and improve performance in your sport/activity of choice.

This class will focus on lower body and core work for endurance athletes, as well as mobility and some explosive training (box jumps, explosive barbell work).

JANUARY 7TH - FEBRUARY 27TH

**TUESDAYS & THURSDAYS
6:00AM - 6:45AM**

- ✓ Build Strength
- ✓ Increase Endurance
- ✓ Improve Performance

\$320

For 8 Weeks

What is a compound athlete?

Anyone that enjoys some type of endurance activity, whether it's running, hiking, swimming, etc along with wanting to train for strength to stay strong.

JOIN TODAY!

For more Info or to sign up, contact Jo:
jordansienkiewicz@gmail.com or 916.770.7138