



C.O.P.S. Dryland Power Conditioning

The perfect training compliment for the competitive swimmer.

Designed to be more challenging earlier in the week and tapering off as weekend meets near, the two week format will accommodate the differing tapering times of your group. This is a dynamic program with a lot to offer.

The 2 week mini programs include the following trainer and instructor led conditioning initiatives:

Corrective — Competitive swimmers swim hundreds of 1000s of meters each year. Overtime the repetitive motion of swimming high volumes can lead to imbalances in the body which can negatively affect health and performance. This program is designed for the issues facing today's competitive swimmer to keep them off the deck and in the pool. Expect to be challenged with stretching, corrective mobilizations, strengthening of supportive structures, and plenty of core work.

Examples:

- Foam Roll Horizontal
- Levator Scapulae Stretch
- Lying Dumbbell External Shoulder Rotation

Bootcamp — Designed to challenge the mind, body, and spirit, this session incorporates all that Power Play has to offer. Exercises may be circuit style or in a group. This session will build team unity while challenging each individual's physical limitations. In a word, *INTENSE!*

Examples:

- Tire pulls
- Kettlebells
- Up-downs
- Sledge hammers

Indoor Cycling — Taught by competitive cyclists in Power Play's state of the art cycle theater room, swimmers will get another low-impact opportunity to challenge their cardiovascular systems. Class intensity will be influenced by the swimmers stage of training. Classes will have music and video.

Kickboxing — Intense to the core, but so fun you forget you're working out, this dynamic session speaks for itself. Get fit and learn how to kick some tail outside of the pool!

Yoga — Power Play has some of the most experienced instructors in DFW. Increase your range of motion and strengthen your core. This is the perfect class heading into a meet. The room is heated to help open you up, so bring plenty of water!

2 week Mini Program

4 days a week

Monday at 2 pm

Tuesday at 2 pm

Wednesday at 12 pm

Thursday at 2 pm

\$140 per mini program

That's only \$17.50 per session!

If you just need some gym time for self training, we have special rates for access to cardio and circuit training equipment, free weights, lockers and showers, and more:

Open Gym Access

7 days/week

1:30pm — 3:30pm

\$30 joining Fee

\$35 per month

For more information, contact Scott Calacci at 972-759-4686 or scott@powerplayfitness.com



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