CONDITIONING FOR TEENAGERS, LASSWADE A.C. CONFERENCE.

Sandy Robertson will cover the 6Ss of Fitness and Conditioning for teenagers by examining:-

Skill/Speed/Stamina/Strength/ Suppleness/Psychology

with regard to:-

Circuit Training/Isometrics/Medecine Ball /Flexibility.

He’s even offered to demonstrate Proprioceptive Neuromuscular Facilitation in pairs.