

Nothing But Net

Better Basketball Training

FOR TEAMS

schedule w Coach C
up to 8 players for \$120

\$120 for 90 min workout

Limited Space!

PROGRAM DESCRIPTION

Focus on Learning to Shoot when Fatigued -
Correct Form & Muscle Memory, Shooting
Skills & Development

Enhance your training to include injury
prevention and how to warm up properly for
better game performance. Movements will
include plyometric exercises for enhanced
power in skills such as rebounding, lay ups,
contesting shots, etc. Strength training will
take place in multiple planes to enhance
defensive and offensive positioning.
Conditioning will be implemented to ensure
aerobic work capacity is enough to sustain
on court output.



Register with Coach Candace at bunnell@hqfit.com



310 Hwy 31 N • Flemington, NJ
HQFIT.COM



COACH CANDACE BUNNELL