



FUSION STRENGTH AND CONDITIONING AT LINE DRIVE SPORTS



Fusion is a complete strength and conditioning program that will create a better, faster, stronger athlete in 3 workouts a week. We fuse together all the best elements to make you more explosive, more agile, and ready to excel in your sport. The workouts gradually increase in intensity each week throughout the session, to ensure progress. We use a mixture of many styles of training, including intervals, plyometrics, free weights, and strongman equipment. Core is implemented in every movement and flexibility is focused on as well.

Our sessions are 5 weeks long, this allows the program to building intensity and then change before your body has adapted. Every session the workouts will change a little to keep getting you the results you want.

SCHEDULE

Currently we are offering the following class times:

Mondays/Wednesdays/Fridays @ 5pm, 6pm, and 7pm

3 classes per week for 5 weeks for \$100.00 per person

Each class is one hour long.

Class size is limited to 15 participants, so [sign up now](#).

TESTIMONIALS

“I can’t believe how good the whole team looks. They are all performing better, they are all faster and even the ones who didn’t have any fat to lose look leaner. They are all muscle now. I will recommend Fusion to all the coaches I know. I’m amazed at the difference.” J. Schauer, Coach

“I can feel myself getting faster at EVERYTHING I do.” J. Bracht, Athlete

“I’ve got hops!” R. Rhode, Athlete

“I want to train with you all year.” L. Henahan, Athlete

For more information or registration please contact:
Line Drive Sports (651) 490-7898 or Email info@linedrivesports.com
or
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FUSION – YOUR WORK OUT IS OUR WARM UP.