



ADVANCED STRENGTH & MOBILITY FOR ATHLETES

GYM LOCATION

Elmira Fitness Center

3162 Lake Road, Horseheads NY 14845

AIRPORT

Elmira Airport (ELM)

DIRECTIONS

From Route 86/17 East

Take exit 53 for Horseheads; Follow right lane to Horseheads

At bottom of ramp continue straight through 2 lights

Turn Right at 3rd light onto S. Main Street

Continue straight on S. Main St 0.7 mile, turn left at 2nd light into plaza

From Route 86/17 West

Take exit 54 for Horseheads & Ithaca; Follow left lane toward Horseheads

Turn Left at 1st light onto S. Main Street

Continue straight on S. Main St 0.7 mile, turn left at 2nd light into plaza

DATE / TIME

When: April 9th

Time: 9am-3pm (or whenever we finish)

SCHEDULE

9:00am-10:00am: Jim: How to Bench Press, How to Teach the Bench (Hands On)

10:00am-11:00am: Jim: How to Squat, How to Teach the Squat (Hands On)

11:00am-12:00pm: Jim: How to Deadlift, How to Teach the Deadlift (Hands On)

12:00pm-1:00pm: Steve: Kettlebell Training (Hands On)

1:00pm-2:00pm: LUNCH

2:00pm-2:30pm: Steve: Advanced Mobility (Hands On)

2:30pm-3:00pm: Steve: Advanced Bodyweight Training (Hands On)

3:00pm-4:00pm: OPTIONAL hardcore workout

HOTELS

Holiday Inn Express Hotel Elmira-Horseheads

2666 Corning Rd, Horseheads, NY 14845

(877) 786-9480

Best Western

Route 14n, Horseheads, NY 14845

(607) 739-3891