

Cardio Combat Conditioning class



This class is designed to help you achieve your peak shape in less time than any other way of exercise.

Plyometrics can be defined as movements that enable a muscle to reach maximum strength in as short a time as possible. This speed-strength ability involve maximum muscle contractions at the highest velocity possible and will allow you to jump higher, run faster, throw harder, etc...

These exercises will strengthen your muscles and surrouding tissues. They will elevate your cardio-pulmonary capacity dramatically, keeping you in great shape.



Burn 1.000 calories in an hour!

Exercises will include many different varieties of jumps and explosive movements such as: squats, jump squats, lunges, push ups and seat ups, shoulders, chest and back exercises, sprints, sprawls, etc...



Class taught by Conditioning Trainer Fabiano Brasil

Improve ➔

- Strength
- Flexibility
- Agility
- Explosiveness
- Power
- Quickness
- Stamina

Free Trial Available!

\$15 - single class
\$120 - 10 class card

Call (925) 634-6958
www.crosleygracie.com

Tuesdays / Thursdays @ 5:30am

