

Strength Training for Youth

It's safe...the BodyWorx way!

BodyWorx has been successfully training youth and young adults for years – keeping them safe and injury-free so they can do the activities and sports they love.

In the past there have been conflicting ideas about training adolescents. Many people equate “training” with “lifting weights” and, that is just not the case. The fitness world has evolved and adapted with good research.

Our qualified and competent training staff are developing children from a very young age to be stronger, quicker athletes. Through our custom-designed and staged programs, we are seeing kids who can jump higher, run faster and have the strength, endurance and coordination to improve their sports performance.

strength and conditioning

- BodyWorx aims to minimize injuries and maximize results by taking that important first step to prepare young bodies. We help youth to strengthen tendons, ligaments and muscles surrounding the joints. Plyometric exercise is a key ingredient.
- Speed, agility and quickness training is the next step in building a body ready for weights.
- We treat youth no different than an adult who is new at working with weights, we start light. ...moving from body weight to light weight and building from there.

STRENGTH + SPEED = POWER

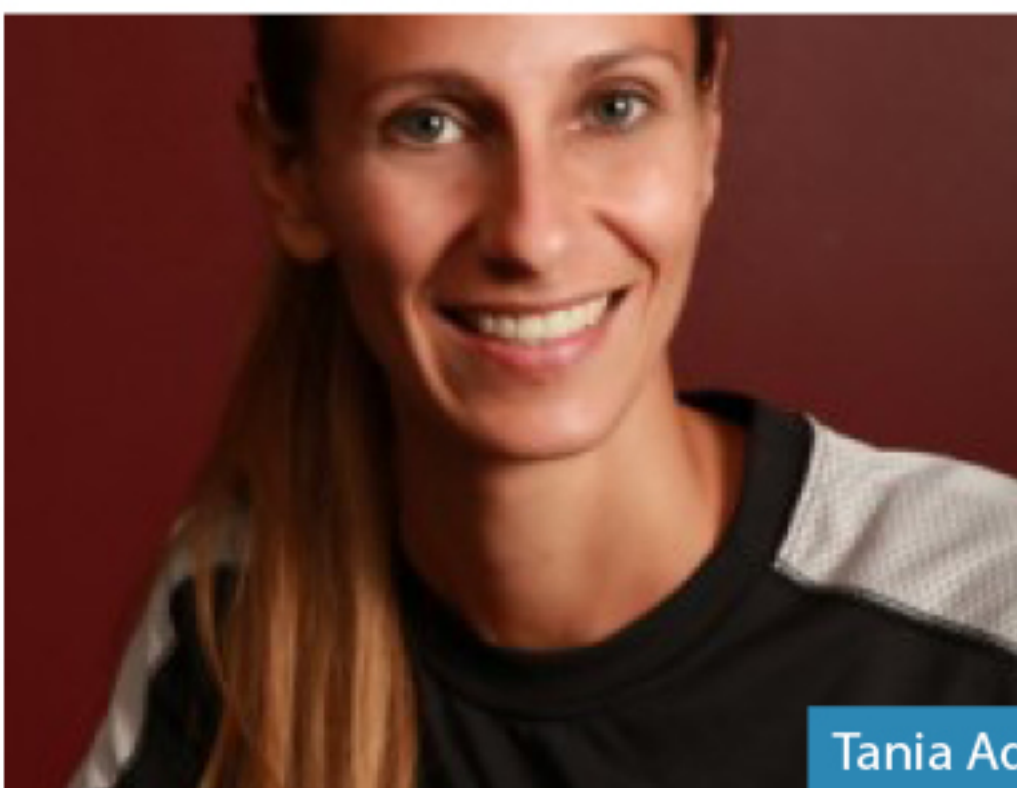
Plyometrics are exercises in which muscles exert maximum force in short intervals of time, with the goal of increasing power (strength/speed).

Speed and strength are integral components of fitness found in virtually all athletic movements.



Matt Trejo, Coach

BodyWorx is proud to be the training facility for multiple clubs and academy level programs in London and the surrounding areas. We pride ourselves on our flexibility and experience. We offer on-site training on fields, in schools and gymnasiums or in our fully-equipped fitness centre located in the downtown core.



Tania Admans, Owner and Coach

TALK US TODAY AND FIND OUT HOW WE CAN HELP

BODYWORX

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Free on-street parking after 6pm on weekdays/ends

www.bodyworxtraining.com