



Summer Training Programs for Athletes Start June 17th

Fierce Athlete

Monday – Friday: 7:00-8:30am, 3:30-5:00pm

This 90min training program will focus on improving all phases of athletic performance. This is achieved by focusing on full body resistance training, plyometrics, and sport specific agility. During this time, two 4week programs will be designed around maximizing movement proficiency along with gaining a knowledge base and confidence needed to obtain full athletic potential.

\$275 per month / \$25 Drop-In

Coach: Logan Carman / Dan Randlett / Ali White

Sport Speed / Power

Monday & Wednesday: 6:30-7:30pm

This class will focus on improving running and movement techniques to help improve efficiency of movement for all sports. This class uses plyometric exercises and running/movement drills to help create a faster athlete!

\$120 per month / \$20 Drop-In

Coach: Dan Randlett

Team/Group Strength and Conditioning

Team / Group training sessions focused on general or sport specific performance.
Available on or off site at either Access Facilities (Exeter) or your location of choice (gym, school, etc.)

Contact for pricing / scheduling

Coach: Dan Randlett



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Call or Email us today to sign up!