

BEAST

PERFORMANCE

Beast Performance Is Coming to Team Indiana To Offer Athletes Vertical Training and Overall Athletic Development

As announced this fall BEAST Performance will be very active with #TINation this season. Each athlete will receive at least 30 minutes of BEAST training each week incorporated into their weekday practices. In addition classes will be available at Team Indiana throughout the season allowing athletes to get additional training on balance, explosiveness, agility, speed, and technique.

Everyone wants to jump higher, run faster, and be stronger. BEAST Bootcamp is designed to develop an athlete's explosiveness and jumping technique. Workouts are geared to simulate game movements while applying resistance and forcing muscle groups to work together. The core provides a pillar for the upper and lower half of the body to operate upon. We focus on unique exercises that activate core muscles and strengthen this integral part of the athlete. We will also use plyometric exercises which allow the athlete to focus on short bursts and quick lateral movement. Breaking down explosive movements allows us to coach athletes on proper form and technique.



www.teamindianavb.com

Sun Oct 29 6-7pm

Mon Oct 30 5-6pm

Wed Nov 1 5-6pm

Sun Nov 5 6-7pm

Mon Nov 6 5-6pm

Wed Nov 8 5-6pm

Sun Nov 12 6-7pm

Mon Nov 13 5-6pm

Wed Nov 15 5-6pm

Sun Nov 19 6-7pm

Mon Nov 20 5-6pm

Wed Nov 22 5-6pm

Sun Nov 26 6-7pm

Mon Nov 27 5-6pm

Wed Nov 28 5-6pm