

BizzFitness

2025 Strength and Conditioning Program U15



Endurance

Explosiveness

Mobility

Quickness

Agility

Mental Toughness

Balance

Flexibility

Increased Confidence



2025 – U15 Strength and Conditioning Program

Training Program Outline

Conditioning Sessions

To ensure that our athletes hit their peak fitness level by the end of our program, our group conditioning sessions are designed to push our athletes to the next level. Our goal is to challenge their heart, intrinsic desire and increase their compete level. To help each athlete achieve their best possible shape, we will offer our specially designed BizzFitness sessions comprised of plyometrics, speed and agility training, Iron Man workouts and our conditioning circuit. Outdoor conditioning workouts / prowler / hill sprints will be incorporated into their training regimen once the weather allows us to be outside.

Boxing/Kickboxing

Bizzfitness prides itself on the development of athletes versus one-sport players. Our participants will also cross-train, working on their hand-eye coordination, footwork as well as their conditioning through our boxing/kickboxing sessions. The focus is on technique and conditioning and **there will be no fighting involved**. These sessions are great to improve mental toughness and increase confidence.

Strength Coach

Each participant will have access to a strength coach, on site, as a resource and to oversee their workout for every session.

Program Upgrade

After every block of 4 weeks, participants will be upgraded to a new program. This is essential to ensure that they continue to improve their level of fitness and not plateau.



2025 – U15 Strength and Conditioning Program

Our Program offers:

- Group conditioning workouts.
- Outdoor Iron Man workouts.
- Comprehensive 12-week program.
- Programs are designed to ensure progression with upgrades at each phase.
- A strength and conditioning coach present at every session.
- Over 25 years of experience, working and designing programs for this age category.
- State of the art facility!

Program length: June 9th to August 28th, 2025 (12 weeks)

A major emphasis is placed on mobility and range of motion throughout the entire duration of the program.

- Strength – Hypertrophy – **June 9th to July 3rd (4 weeks)**
- Explosiveness – conditioning linear movements: **July 7th to July 31st (4 weeks)**
- Increased conditioning, including change of directions – speed and agility: **August 4th to August 28th (4 weeks)**

BizzFitness will be closed:

- Tuesday July 1st – Canada Day
- Monday August 4th – New Brunswick

Personalized schedules for two-sport athletes

For players with time constraints due to work or other sports commitments, we can work around your schedule. Please reach out to discuss a personalized plan according to your schedule.

Contact: Bizzfitness.ca@gmail.com or 506-260-9898



2025 – U15 Strength and Conditioning Program

Schedule from June 9th to 27th (3 weeks)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
6:45 p.m. To 7:45 p.m.		6:45 p.m. To 7:45 p.m.		

Schedule from June 30th to August 28th (9 weeks)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
4:30 p.m. to 5:30 p.m.		4:30 p.m. to 5:30 p.m.	4:30 p.m. to 5:30 p.m.	

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- **Monday August 4th – New Brunswick**

**“YOUR TRUE SUCCESS IN LIFE BEGINS ONLY WHEN YOU
MAKE THE COMMITMENT
TO
BECOME EXCELLENT
AT
WHAT YOU DO”**



2025 – U15 Strength and Conditioning Program

Method of Payment

Payments can be made by cash, via e-transfer @ Bizzfitness.ca@gmail.com or by post-dated cheques. If paying by post-dated cheques, please make sure to include all your cheques with your registration form. **Payment can be made in full or following the payment plan below.**

Method of payment (3 installments)

June 1st, \$150.00 (HST included)

July 1st, \$150.00 (HST included)

August 1st, \$150.00 (HST included)