

LKN VOLLEYBALL  
2019-20



STRENGTH TRAINING

**LKN Volleyball, in partnership with PRECISION FITNESS, is offering a volleyball specific training series to develop our players to their maximum potential! Volleyball skill training is the forte of the club and its coaches, but specialized strength training is best left to the pros! In addition to strength training, all players will be evaluated and trained on proper movement patterns, muscular imbalances, areas of weakness, and flexibility. We have broken the initial program into 2 phases: Session 1—Foundations of Strength and Session 2—Strength & Conditioning. Session 1 will focus on mobility, stability and muscular endurance. The session will add loaded movement patterns as the athlete progresses. Session 2 will focus on speed, agility, strength, and improving your vertical. It is recommended that athletes attend Session 1 prior to Session 2. All sessions will be led by Verun Tahiliani, BS, ACSM EP-C, a professional trainer and highly competitive volleyball player.**

### **Session 1—Foundations of Strength**

**8 weeks of training starting Tuesday, December 3rd.**

**Offered on Tuesdays, Wednesdays or Thursdays from 5:30-7:00.**

**Maximum of 10 athletes per session. Choose one day.**

**Price is \$160 per session.**

### **Session 2—Strength and Conditioning**

**8 weeks of training starting February 11th.**

**Offered on Tuesdays, Wednesdays or Thursdays from 5:30-7:00.**

**Maximum of 10 athletes per session. Choose one day.**

**Price is \$160 per session.**

**Program details: All athletes will receive 1 1/2 hours of onsite training each week at Precision Fitness, 18515 Statesville Road, #C3, Cornelius, NC 28031. Each athlete will also receive a customized training plan/program to supplement their group sessions. It is highly recommended that athletes complete the training regimen 2-3 days per week (1 onsite, 1-2 offsite) to achieve maximum results.**

**To sign up or ask questions please contact VERUN TAHILIANI directly at [verun.tahiliani@pfitcentral.com](mailto:verun.tahiliani@pfitcentral.com) or 704-895-2857.**