

Army Combat Fitness Test Prep Program

Sanford **POWER**:

Sanford **POWER** is the regional leader in offering individualized programming for athlete development, sport performance training and injury prevention. Since 1999 we have provided the most comprehensive holistic programming for athletes of all ages and skill levels. We integrate the latest in technology and scientific research combined with expert coaching to improve mobility, strength, speed, agility and explosive power. Our Certified Strength & Conditioning Specialists have over ninety (90) years of combined coaching experience. Along with our orthopedic physicians, PT's, ATC's, Sports Nutritionist and the Sanford Sports Science Institute (SSSI), we offer the most integrated and comprehensive sports performance programming available.

Details:

- Customized strength and conditioning program for military personal to better prepare for the yearly Army Combat Fitness Test while also improving overall fitness health and avoiding injury.
- Emphasis on foundational strength, stability, and increased power designed around the specific Army Combat Fitness Test requirements.
- Customizable 2-mile running training program to meet Army Combat Fitness time standards.
- Two full Army Combat Fitness practice tests with equipment.
- Access to Sanford Sports Science Institute (SSSI) Services: *(additional fees)* (Hydration/Sweat Loss Testing, Sports Nutrition Education, Body Composition Testing)
- Location: The Sanford Fieldhouse / 2215 W Pentagon Pl / Sioux Falls

Schedule / Registration / Fee:

- Session 1 – March 1st 2021 – May 28th 2021 (Registration Deadline Feb 28th)
 - Session 2 – June 7th 2021 – Sept 3rd 2021 (Registration Deadline May 31st)
- Training schedule options: Monday / Wednesday 7:30 – 8:30am or 1-2pm,
Tuesday / Thursday 7:30-8:30am, 9-10am, 11-12pm, and Wednesday / Friday 12-1pm
- 60 minute sessions / No make-ups / No prorated amounts
 - Max group size 12
 - Total cost = \$300.00 plus tax
 - Payment made to Sanford Power
 - Register, pay and complete POWER paperwork at: www.sanfordpower.com

*go to yellow "REGISTER" tab and select "SIOUX FALLS"

*For existing members enter your username and password

*For new members select "become a guest"

*Select "Program Registration" to choose the desired option

If you have any questions please contact **POWER** at (605) 312-7800

