



STRONGMAN TRAINING CAMP

SATURDAY'S, JUNE 10 – AUGUST 5, 2023*

STRONGMAN X at Saginaw Athletic Club takes strength training to the X-treme!

This progressive training program is designed similar to regimens of Strongman athletes. We focus on proper compound and functional movement patterns by using several major muscle groups at the same time. We utilize heavier weight loads, lower repetitions, and more sets. You'll build more muscle mass and torch calories!

Strongman X exercises and activities include: Yoke walk, Farmer's walk, Sled pull, Sandbag carry, and more.

WHO IS THIS FOR?

Men and women (16 years and older).
Beginners are welcome.

INSTRUCTOR

Logan Ducharme, Certified Trainer

LOCATION

Saginaw Athletic Club, Indoor Sports Turf and outdoors weather permitting.

DAYS & TIMES

Classes are held Saturdays, 10:00 am – 11:00 am.

*No class on Saturday July 1st.

PRICING

Full Camp Package (8-weeks / 8-classes)

June 10 – August 5, 2023*

\$80 Club Members / \$120 Non-members

Single Class Drop-in

\$12 Club Members / \$18 Non-members

**TO GAIN MORE STRENGTH &
EXPLOSIVENESS, SIGN UP FOR
THIS CLUB EXCLUSIVE.**



SAGINAW ATHLETIC CLUB

6125 Gratiot Rd. | Saginaw, Michigan | 989.401.5009 | SaginawAthleticClub.com

