

# HS Sports Performance Camp

Session 1: June 1 - June 25

Session 2: July 6 - July 24

	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>
<b>8:00 am</b>	Barbell Strength Training	HIIT Strength Circuit	Barbell Strength Training	Acceleration Workout
<b>9:00 am</b>	HIIT Cardio Circuit	Max Velocity Workout	HIIT Cardio Circuit	Stretch / Recovery

**All Sessions Located in the HS Fitness Center**

# Sample HIIT Cardio Circuit



Stay Tuned for More Details