

Summer Conditioning

Dates:

July 29, 2019 – August 2, 2019

Time:

8:00 AM – 9:30 AM

Location:

Zephyrhills High School game field north side parking.

Hydration:

Ensure everyone is hydrated. There will be a 5-minute water break every 30 minutes. However, if conditions warrant, water breaks will be every 15 minutes.

Dress:

Running shoes and shorts.

Exercises:

Cardio, isotonic and isometrics exercises

