

PROGRAMS

Strength & Conditioning

Develop Speed, Strength, Power and Performance

Private Session

\$70 (10 for \$650)

Group Session (3 athletes min.)

\$35 per athlete

(10 for \$300, 20 for \$500, 40 for \$800)

Team Packages

Specifically Tailored for Teams Individual Needs

10 athletes minimum

\$15 per athlete

20+ athletes

\$10 per athlete

larger group prices and long term contracts can be negotiated upon request

Lineman University

Skill Development

Offensive/Defensive Lineman, Tight Ends, Fullbacks

Private Session

\$70 (10 for \$650)

Group Session (3 athletes min.)

\$35 per athlete (10 for \$250)

Team Skills Development Clinic

10 athletes min.

15 per athlete

20+ athletes

10 per athlete

**prices do not reflect tennis programs*

REGISTER ONLINE NOW @
WWW.VARSITYHOUSEGYM.COM



www.varsityhousegym.com
www.varsityhighlights.tv

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Varsity House
184 Central Ave
Old Tappan, NJ 07675
201-767-1305
info@varsityhousenj.com



Varsity House



STRENGTH & CONDITIONING

SPEED STRENGTH POWER PERFORMANCE

are you ready?



PHILOSOPHY

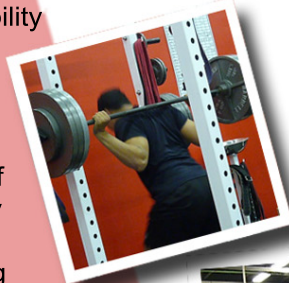
Varsity House Performance is dedicated to the development of speed, strength, power and performance. We use scientific periodization to develop a multifaceted training system that improves athletic ability. This system allows us to train multiple aspects of strength including, Max Effort Strength, Power, Hypertrophy, and Endurance in a single training week instead of dividing them into separate lengthy training cycles. We believe that all athletes, no matter their age or skill level, can improve their ability on the field by developing themselves physically off the field. At **Varsity House** strength training takes many forms, from the traditional squats and bench press to the more non-traditional strongman style of training like sled pulling, tire flipping, heavy sandbag work, and even pushing a truck around the parking lot. This style of training helps to develop athletes with "Real Strength" not just weight room strength. Before we begin any program at Varsity House we put all of our athletes through an extensive performance and human movement evaluation. This maximizes our ability to design a performance enhancement program best suited for individual needs. We look forward to helping you reach your best athletic potential.



**"There is always someone out there getting better than you by training harder than you."
NOT TODAY!**

PROGRAMS

- Strength Training
- Speed & Agility Development
- Flexibility & Restoration
- Summer Camps & Clinics
- Team Consulting
- Combine Preparation



WARRIOR TRAINING

**SPEED
STRENGTH
POWER
PERFORMANCE**

varsityhighlights.tv

Varsity Highlights HD, your connection to the area's top sports highlight and recruiting headquarters. We specialize in High Definition highlight videos for all sports. Our videos showcase each player's full athletic ability. If you are planning on continuing your athletic career in college, obtaining a highlight reel to showcase your talent is a must! Take full advantage of our services by utilizing our onsite HD event coverage, custom DVD or Blu-Ray production, and our recruiting services. Contact us today to get noticed!