



**MIGHTY OAK
ATHLETIC**



YOUTH STRENGTH & AGILITY TRAINING

We don't workout We TRAIN

Working out is an aimless attempt to get bigger and stronger. Training is a calculated approach that outlines the path for progression and consistently measures that path to ensure that progress is being made.

Students progress through nine cumulative six-week programs for the press, pull, squat, and hinge that safely and systematically move them towards their goal of increased muscular strength, size, and cardiovascular endurance.