

# Educational Seminar Off Season Strength Training

**Presented by:**

Shawn Bostad  
PAC Director/Coach



PURE AUSTIN COACHING

**Location:**

Pure Austin Fitness  
Quarry Lake  
4210 W. Braker Ln.  
Austin, TX 78759

**Price:**

\$15 member/ \$20  
non-member preregistered  
\$5 extra for day of  
seminar registration

**Date:**

Sunday Afternoon  
November 29, 2009

**Time:**

12:00 PM - 1:00 PM

**To Register:**

Visit [www.pureaustin.com](http://www.pureaustin.com)  
under our clinics tab or  
visit Pure Austin Quarry  
Lake to register in person.



Learn the basics of strength training during this 1 hour educational seminar. During the educational seminar we will focus on the definition of strength training, terminology associated with strength training, how strength training benefits the human body, different phases of strength training, how to incorporate strength training into your off season training schedule and conclude with a sample workout and a few sample exercises.