



HARLEQUIN RUGBY
M E L B O U R N E
www.quins.com.au



MELBOURNE HARLEQUINS RFC & FAST FIT FUNCTIONAL (est 2008)

Open Day! – Saturday 05/10/2013

Come down and experience what we have to offer to help you prepare yourself off season. Meet our team and chat to us on how a FFF fitness specialist can help you.

- Agility and reaction drills
- Yo Yo level 1 & Endurance tests
- Sheep dog test for agility
- Body Weight challenges and games
- Power circuits with battle ropes, tyres, sand bags etc
- Healthy BBQ and Salads
- Prizes and give away

Day starts at 10am (register 9.30am) and concludes and 12.30pm. Compare your results to State and National standards.

On the day group split into U15 and over 15 (16+) – kick off 10am and structure below:

- Dynamic warm up drills
- Agility and speed skill training
- Endurance activities and tests
- Fun, functional strength training.

For more info see www.fffstrength.com.au / Jose: 0420905050 or Dave:0400003178

*Register on the day for the 16 week off season program and receive 10% off