



Brenda Kent Strength and Fitness
Programs and Pricing: Athletic Power and Strength

Unlock Your Athletic Potential

Brenda's training approach develops explosive power through **plyometrics*** and **strength training**, both of which are foundational for sports that demand speed, agility, and power. Whether you are looking to jump higher, run faster, or build a stronger foundation for any sport, Brenda brings a passion for competition, proven coaching experience, and a genuine commitment to help athletes become more confident as they strive for their personal best.

Athletes who supplement their sport-specific training with structured strength and power development gain a real edge—on and off the field.

Ignite Power and Strength Program – 6 weeks

The **Ignite Power and Strength Program** is a great foundation to complement your sport-specific training. It is a progressive strength and plyometric program, individualized to your needs and goals, with an emphasis on safety and proper technique.

This program is offered to individuals or to a maximum of two athletes at a time who are at a similar level of training. These sessions are a good fit if you:

- want to include strength and power training to improve sport performance.
- are new to strength development and need to start slowly and safely.
- have some experience and want to take your strength and power to a new level.

Ignite Power and Strength Program	Duration 1 X 30-min session each week for 6 weeks	Includes: <ul style="list-style-type: none">• Free one-time consultation/assessment• Warm up/Mobility• Plyometrics and strength exercises• Cool Down	\$300 for individual athletes \$390 for two athletes (plus GST)
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The Ignite Power and Strength Program can be repeated, and the program will adapt and grow with the athletes. Brenda also trains male athletes, however we would have to arrange an alternate location.

Brenda works with her clients at **Fitstop Fitness for Women in Duncan**. If you are a male, or would like to workout at home or an alternate location, contact Brenda to discuss (additional fees may apply).

*Plyometrics are exercises designed to build explosive, powerful movements. They include jumps training and other types of exercises.