

The NORTH IOWA lifting program is available to ALL student athletes!

Please make it known that anybody can come do the weight program, either at a scheduled time, or to meet with Andrew Hanna to discuss lifting on your own.

CURRENT LIFTING TIMES:

Monday/Wednesday/Friday: Girls @ 7:00 am

Tuesday/Thursday: Boys @ 6:30 am

Those times are subject to change once a new season starts (basketball/track/etc.)
It will depend on coaches or students availability and practice times.

Lifting is open to any student athlete who wants to start the strength and conditioning program to improve their overall productivity. We would encourage meeting at the scheduled times, or with a group, but you may lift on your own until your season starts.
You MUST be with Mr. Hanna or another adult – adult supervision is REQUIRED.

Andrew Hanna's contact information:

Email: hannaand@northiowa.org

Phone: 319-427-3273

The program is as follows:

- Core lifts:
- Squat
- Deadlift
- Bench Press
- Overhead press
- Clean/Power Clean
- Bent Row

There will be other supporting lifts done on the same days as scheduled core lifts.
Plyometrics/Conditioning/Agility will be relative to the sport you are conditioning for.

ALL students are more than welcome to lift, even if your sport isn't going on right now.

Don't hesitate to contact Andrew Hanna with any questions.

hannaand@northiowa.org



PUSH YOURSELF
Because
no one else
is going to
do it for you