



**Wyoming Law Enforcement Academy
August 10-12, 2010**

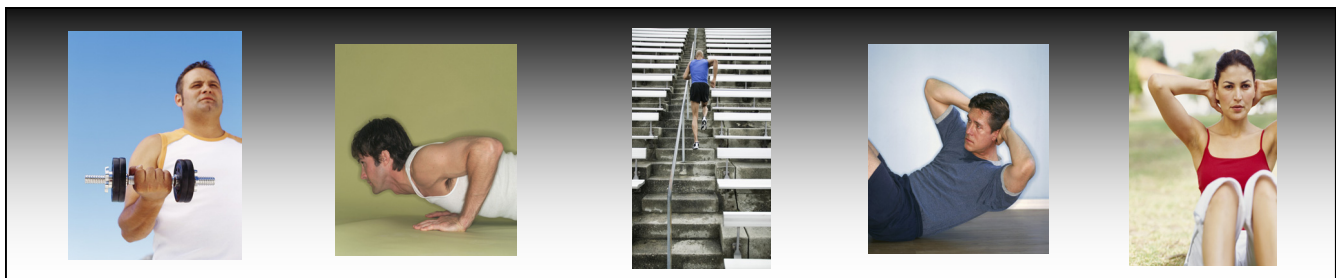
20 P.O.S.T. credit hours

The National Strength and Conditioning Association presents the most advanced information regarding strength training and conditioning practices, injury prevention and research findings.

Topics to be covered include:

- Basic principles of strength training
- Corrective exercise techniques
- Nutrition and supplementation
- Aerobic and Anaerobic Metabolic Conditioning
- Creating and building circuits for personnel using non-traditional methods of exercise modalities
- Strategies for recovery
- Safe and effective lifting techniques
- Conditioning drills and techniques
- Testing and evaluation
- Suspension training
- Plyometric training
- Screening techniques and corrective exercises
- Building programs for the needs of individuals

At the end of the workshop the attendees should be able to design, implement, and properly instruct unit personnel in weight training and metabolic conditioning as it relates to operational fitness.



Cost-\$350.00

**Application Deadline
July 2, 2010**

**Submit Application Form
#SS-2**

**NO SHOW PENALTY FEE
\$188.00**

*[Click here for information regarding
our no show policy.](#)*