



## 2021 NHSA F.I.S.T. BUMP (for men)

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The F.I.S.T. Bump Training Program for men is a unique way to get in shape, stay in shape, or just have fun while working out. This program is like no other – we focus on the key physical aspects that men need: balance, dexterity, core, strength, agility, coordination, and vascular fitness.

Fun – It does not matter your level of fitness or level of ability. We are here to have fun!

Intense – You're going to be pushed. Whether you want to lose some LBs, or simply increase your level of activity – each workout is geared toward achieving your personal best, not matter where you start.

Soccer – Each workout will involve the use of soccer equipment, although the focus will not be on skill building and playability, it will be an incorporation of soccer based fitness workouts. At the end of each session, we play!

Training – When you arrive, you should be prepared to get in, get a sweat in, and get out.

**\*\*YOU DON'T EVEN NEED TO BE A SOCCER PLAYER TO ATTEND. THIS IS A SAFE SPACE FOR ALL\*\***

We all know there is no better way to get fit and lose some lbs than to get in a workout, play some soccer, and have some fun. It's definitely better than using those boring machines day after day.

F.I.S.T. Bump uses the game of soccer and the resurrection of Samba training methods to get fit, get healthier, and ultimately get you to feel better about yourself.

Let's face it. We have all made promises to ourselves and our families that we will take care of ourselves. Here is your chance to fulfill those promises to your spouse, children, and yourself.

There are a limited number of spots available. If the demand is there, additional groups could be added.

I for one look forward to being around people who enjoy the game, and come in with a great attitude, looking to accomplish their goals!

Details:

Where: New Hampshire Soccer Association Soccer Complex, 340 Buck Street, Pembroke, NH

When: Monday and Wednesday nights from 7:00 – 8:30pm

Price: \$179/person for a six week session

SESSIONS START JUNE 28<sup>TH</sup>, 2021!

All We Ask:

- Show up with a positive attitude
- Give your best effort, no matter the level you come in with
- Encourage each other, it becomes contagious
- Offer a fist bump whenever you can

Sample Session:

8:00-8:15 Dynamic Warmup, get the body ready

8:15-8:45 Soccer Synergistics – core, strength, agility (with the ball)

8:55-9:30 Bread and Butter to goal (6 v 6 v 6)

To register: Link to register can be found at: <https://system.gotsport.com/programs/882D51278>

Contact: Ryan Joy at [director@nhsoccerleague.com](mailto:director@nhsoccerleague.com) with any questions.

Final Note: We understand the summer can be a tough time to get away. If you know you will miss a couple of sessions – that is okay. No matter the numbers, we will always have the perfect amount of bodies because each day is about getting the most out of your full 90 minutes, for yourself.

Be ready to feel that heart rate bump!

Ryan Joy,

New Hampshire Soccer Association

Director of Operations and YOUR Personal Coach