



How to get started if you missed the meeting:

- Download the PLT4M app on your phone
- Sign up using the join code: Togatough20
- Fill in the necessary information and the appropriate level (freshman, JV, Varsity)

Freshman

FIT 102

FIT 201

JV

FIT 201

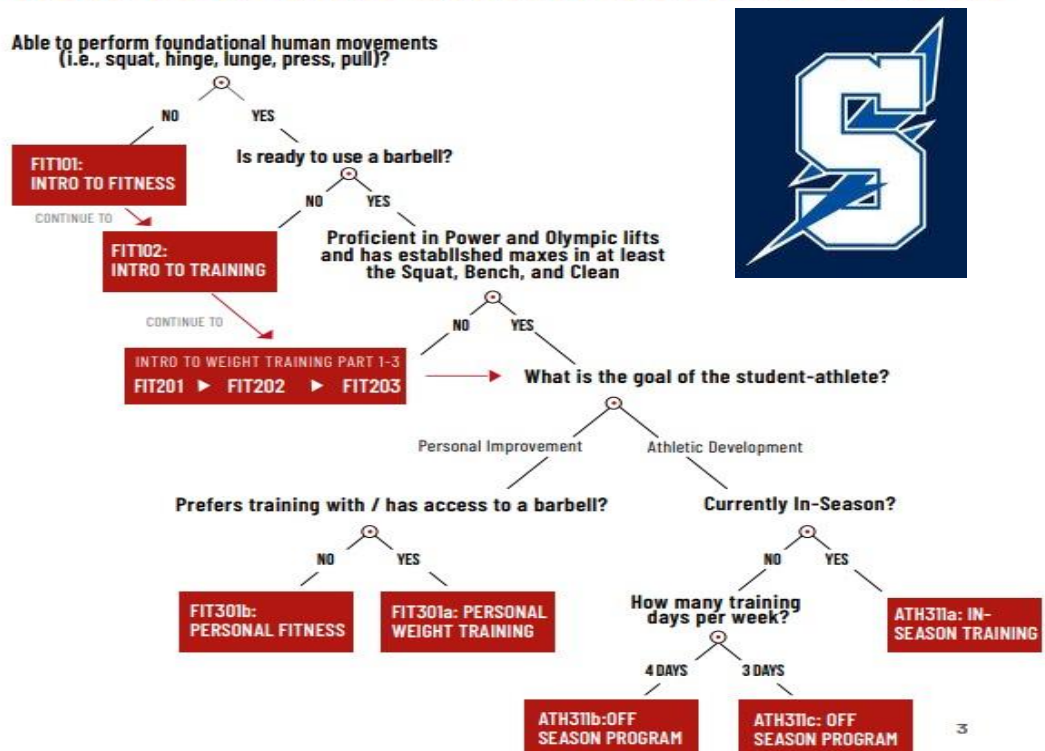
FIT 202

Varsity

ATH 311a

ATH 311c

**PROGRAM SELECTION:
HOW TO DECIDE WHICH PROGRAM TO USE**



The positive feature of this program is that it is personalized to each athlete and their current needs based on schedule and availability. These workouts can be done at home if you have the equipment, any gym that you belong to, as well as the HS weight room during offered sessions. As I explained in the meetings, I will send out a notification through the PLT4M app when a coach will be in the weight room for group sessions. I hope that you will take full advantage of this opportunity. If you have any questions, I can be reached at a_cuthbertson@saratogaschools.org