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Bulldog Family and Friends:

I first want to thank each and every one of you for your continued support of Bulldog Strength and Conditioning. We hope everyone and their families continue to stay safe and healthy during these unpleasant times.

Bulldog Strength and Conditioning is a premier private and appointment only facility. We offer Private 1-1 Personal Training as well as Semi-Private 1-4 Personal Training.

Bulldog Strength and Conditioning is a 5,000sq/ft facility who has recently invested \$15,000 back into the gym. We have recently upgraded equipment as well as purchased new items for a better training environment. The following is a short list of some of our equipment:

New Medicine Balls	New Eccentric Flywheel	Vertimax	Flipsled
TreadSled	Tsunami Bars	Rogue Belt Squat	40yd Turf
Rogue Power Racks	Rogue Trolley Arms	Blood Flow Restriction	Tires

At Bulldog Strength and Conditioning, we take cleanliness and the health and safety of our clients and employees very seriously. During the COVID-19 pandemic, we have recently upgraded our cleaning. Our Coaches will be adhering to strict cleanliness rules and regulations for the safety of our clients and employees. The following rules will be strictly adhered to upon reopening our facility:

- Maintain a strict 6ft social distancing while training.
- All equipment will be cleaned and sanitized after each use.
- All coaches will be wearing face masks while training.
- Cleaning crew will be utilized to spray and clean with medical grade solutions.
- No more than 10 persons will be allowed in the facility at a time. (coaches + clients)
- Clientele will have a towel with them at all times.

We would like to thank you in advance for your patience and understanding during these unpleasant times. We look forward to seeing all of you at the DawgHouse and please feel free to reach out with any questions or concerns.