### MAY 08<sup>th</sup> 12<sup>th</sup> 2023

# Skeet BENELL MASTER

TRAIN LIKE A PRO

KNOW YOUR LIMITS AND BREAK THEM

### MENS SANA IN CORPORE SANO





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## MASTER PLAN

### MAY,8<sup>TH</sup>

★ MASTER INTRODUCTION
★ SHOTGUNS CHECK-UP
★ STOCK ARRANGEMENTS
★ PLATE TEST FIRE
★ TRAINING

#### **MAY**, 9<sup>TH</sup>

★ TRAINING ★ ITALIAN NATIONAL TEAM PERSONAL TRAINER

### MAY, 10<sup>TH</sup>

★ TRAINING
★ NUTRITIONIST
★ ALIMENTARY &
PSYCHOLOGICAL TIPS
FOR COMPETITIONS

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www.trapconcaverde.it

sara.fanciullacci@trapconcaverde.it +39 030 9990200

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