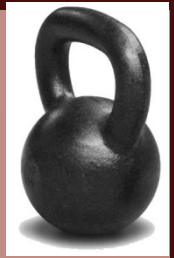


# Resistance Training:



## Tools and Methods

A HANDS ON, SMALL GROUP WORKSHOP DESIGNED TO  
TEACH METHODS AND MECHANICS OF 6 HIGHLY  
EFFECTIVE FORMS OF RESISTANCE TRAINING.

INCLUDES:

BODYWEIGHT, DUMBBELL/BARBELL, UNSTABLE,  
ENERGY SYSTEMS DEVELOPMENT, SUSPENSION TRAINING,  
KETTLEBELL



### WHAT YOU GET:

A FUNCTIONAL ASSESSMENT

12 SESSIONS WITH A TRAINER  
(2X/WEEK, GROUPS OF 4)

HANDOUTS TO GO WITH EACH WEEK  
OF TRAINING

STARTS WEEK OF OCTOBER 24<sup>TH</sup>

ENDS WEEK OF NOVEMBER 28<sup>TH</sup>

COST: \$375

SIGN UP DEADLINE: OCTOBER 20<sup>TH</sup>



