

Absolutely
Free

PERSONAL TRAINING CLINICS

February 2012

BOSU Workshop

©Wednesdays @ 8:30am

The BOSU ball is an effective tool that can be utilized by a wide range of individuals. The BOSU acronym stands for "Both Sides Utilized." It consists of one side that is completely flat and the opposite side is the ball side, which is essentially a stability ball cut in half.

The BOSU ball can be important when training for balance. When using the BOSU ball, your body is forced to recruit numerous core and stabilizing muscles for balance. The BOSU helps to develop core muscles and improve strength and balance like no other equipment can.

Learn **SIX** new exercises for your fitness routine. Each one is modifiable for the beginner to the advanced.

Kettlebell Basics

©Mondays @ 7:10am

©Tuesdays @ 6:30pm

Kettlebells are cast iron weights, ranging from 5 lbs to over 100 lbs, shaped like a ball with a handle for easy gripping. The kettlebell originated in Russia. Kettlebells offer a different kind of training using dynamic moves targeting almost every aspect of fitness – endurance, strength, balance, agility and cardio endurance.

People love it because it's challenging, efficient and you only need one piece of equipment.

Learn from **Mike** the basics of **controlling** the kettlebell so that with **purposeful** practice you will be able to reap the benefits.

Register at the Front Desk