

-1 **Complete Body Fitness**

presents

TRX SUSPENSION TRAINING

BE A PART OF THE AMAZING NEW TRAINING SYSTEM THAT IS DESCRIBED AS

“THE BEST COMPLETE BODY WORKOUT EVER!”

Originally designed by Navy Seals, the TRX system is one of the **MOST VERSATILE** and **FUNCTIONAL** training tools you will ever use. It requires that you use the adjustable straps to harness your own body weight 100% of the time, you **MUST STABILIZE** 100% of the time & you **MUST BALANCE** 100% of the time.

SUITABLE FOR EVERYONE - AT ALL LEVELS

DO YOU WANT TO DEVELOP GREATER

**CORE STABILITY & STRENGTH
ENDURANCE**

MUSCULAR STRENGTH &

BALANCE & body CO-ORDINATION

MUSCULAR TONE

LOSE BODY FAT

ATHLETIC POWER & PERFORMANCE

CORRECTION OF IMBALANCES

BREATHING CONTROL & FITNESS

THEN COME AND TRY TRX CLASSES @ **Complete Body Fitness** NOW!

CALL **HEIDI BUNTROCK** on **0419 390 069** or email
heidi@completebodyfitness.com.au
for more information

CLASSES START last week of JULY - limited number per class....SO SECURE YOUR PLACE NOW!

(We can cater for specialized classes...elderly, sport specific eg. Cycling and run squads , pregnant women, friendship groups etc So PLEASE ENQUIRE)



