



The Bender Method™ of Training  
**BACK, CORE, LOWER BODY, UPPER BODY**



## LEARN AND EARN!

### LEARN

effective, tested and results driven exercises that are easily adapted into any type of fitness, one-on-one or rehab environment.

### EARN

CEC's from provincial/national certifying agencies and CSEP.

## A SPECIALISED TRAINING SYMPOSIUM FOR HEALTH & WELLNESS PROFESSIONALS.

**DATE: Sunday, Feb 23, 2014**

**Canyon Meadows Spa Lady  
 158, 13266 MacLeod Trail S  
 Calgary AB**

<b>8:00 AM</b>	<b>REGISTRATION</b>
<b>8:30 – 12:30 PM</b>	<b>FOUNDATION TRAINING</b>
<b>12:30 – 1:30 PM</b>	<b>LUNCH</b>
<b>1:30 – 5:30 PM</b>	<b>TOTAL BODY XPLOSION</b>

The Bender Method of Training



The Bender Method™ of Training is an exciting and effective approach to traditional core training utilizing the Bender Ball. The program provides you with the tools to become a “critical thinking” leader in safe and results-driven programs easily adaptable to group ex, one-on-one, mind body and rehab settings.

The Bender Method™ of Training concept was originally created by Leslee Bender, International Presenter in the US. In 2008 FMG launched the Bender Ball and Bender Method of Training concept in Canada and established a national team of Master Trainers across Canada. Since then they have trained hundreds of wellness professionals via conferences, Bender Method of Training and FITT Symposiums. 2012 marked the partnership between FMG and Helen Vanderburg, International Presenter, creator of Fusion Fitness Training and owner of Heavens Elevated Fitness.

*“Together, our mandate is to provide health and wellness professionals with exciting educational opportunities with a blend of Bender Method and Fusion Fitness Training principles.”*



**FOR FURTHER INFO / OR TO REGISTER:**

[www.FMGonline.ca](http://www.FMGonline.ca) [Info@FMGonline.ca](mailto:Info@FMGonline.ca) 1-888-290-FITT (3488)



**SUNDAY, FEB 23, 2014**  
**CANYON MEADOWS SPA LADY**  
**158, 13266 MACLEOD TR S**  
**CALGARY, AB**

**8:00 AM REGISTRATION**

**8:30 – 12:30 PM FOUNDATION**

The Foundation program is the premise of all Bender Ball training programs and teaches the small ball principles combining comprehensive theory together with a hands-on interactive practical application. Acquire a better understanding in achieving maximum activation and learn selected core stabilization exercises that will challenge all levels. Walk away with a results driven, research based, cutting edge and *functional* exercise program that will enhance your clients' lives. Bender Ball takes core training to a new level on its own! Authored by Helen Vanderburg. AFLCA – 4, canfitpro – 2FIS, 2 PTS, CSEP 4 (G)

**12:30 – 1:30 PM LUNCH**

**1:30 – 5:30 PM TOTAL BODY XPLOSION**

In this module you will learn the latest applications using the Bender ball in conjunction with other common props such as Gliding Disks and Tubing. Throughout this intensive, interactive workshop, you will experience and learn new exciting ways to incorporate the Bender Ball into both group ex and one on-one-sessions. Gain the understanding of how the Bender Ball can increase intensity, add stability and be easily adapted to all fitness levels to create success in "all" participants. Take the next step in adding value to your brand. Authored by Michelle Felzmann AFLCA – 4, canfitpro – 2FIS, 2 PTS, CSEP 4 (G)

**PRESENTED BY ROBIN O'GRADY**  
**BENDER METHOD™ MASTER TRAINER**



Robin began her career in health and wellness in 2003. Since then Robin has been dedicated to teaching health and fitness and her contagious energy and positive outlook has ensured she excelled in all areas. As Group Fitness Manager for Spa Lady, she also runs the apprenticeship program, mentoring new instructors. She is also a Personal Trainer and has become a regular on Breakfast Television, City TV as a fitness model. Robin has become a regular Presenter and Educator at Spa Lady working under the mentorship of Simone Hodgkinson, internationally recognized fitness consultant. Robin is a dedicated educator and with her positive energy and radiant smile Robin's sessions are always uplifting and inspiring!



**REGISTRATION INFO**  
**WWW.FMGONLINE.CA**

DESCRIPTION	EARLYBIRD BY FRI, FEB 14/14	REGULAR AFTER FEB 14/14
FOUNDATION	\$99	\$119
TOTAL BODY XPLOSION	\$99	\$119
TAKE BOTH AND SAVE!	\$149	\$169
INCLUDED IN REGISTRATION: CEC'S, STUDENT HANDOUTS, BENDER BALL GST WILL BE ADDED TO REGISTRATION FEE		



**WWW.FMGONLINE.CA    INFO@FMGONLINE.CA**

**TOLL FREE 1-888-290-FITT (3488)**