



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.

Join us on Sunday Feb 1, 2015 for a full day of specialized training for health and wellness professionals.

The Bender Method™ of Training is an exciting and effective approach to traditional core training utilizing the Bender Ball by itself or in combination with common portable tools such as Gliding Discs, Bands or Tubing.

DATE: Sunday Feb 1, 2015
8:00 am – 5:00 pm

Prince Rupert CivicCentre
1000 McBride St, Prince Rupert, BC
With Master Trainer Rhona Parsons



Rhona's journey towards health and wellness began in 1996 when she became a certified Group Fitness Instructor. Her background encompasses many areas of health and well being - Bender Method Author and Master Trainer, Hatha Yoga Instructor, STOTT Pilates Instructor, Personal Trainer Specialist, Fitness Instructor Specialist, Zumba Fitness Instructor, EFI Gravity trainer, Senior Fitness Leader. Rhona has been practicing yoga and related studies for many years and is an avid fitness enthusiast.

Rhona's professional goals are to share her extensive knowledge with you, helping and motivating you along your journey to better health and longevity. To help you build a strong foundation and balanced body that will enhance your well being, and allow you to enjoy life at its fullest. "



FOR FURTHER INFO / OR TO REGISTER:

www.FMGonline.ca Info@FMGonline.ca 1-888-290-FITT (3488)

SUNDAY, FEB 1, 2015

8:00AM – 5:00 PM

PRINCE RUPERT CIVIC CENTRE
1000 MCBRIDE ST, PRINCE RUPERT, BC



AGENDA

8:00 AM REGISTRATION

8:30 – 12:30 PM THE BALANCED RUNNER

The key to any runner is injury prevention ... and the key to that is creating balance within the body. This workshop will look at the most common running injuries – causes and symptoms together with how to protect one’s body from overtraining! You will learn *running* specific strengthening and stretching exercises using the Bender Ball, Gliding Discs and Dyna-Band Resistance Bands to help not only prevent injuries but to improve efficiency of stride, improved posture, improved flexibility and increased strength. Leave with the proper technique and execution combined with modifications to truly create unique programs for your clients. All programs are not created equal - learn how to design and implement circuits which can be incorporated into group, one-on-one or team training environments all while addressing the specific needs of runners.

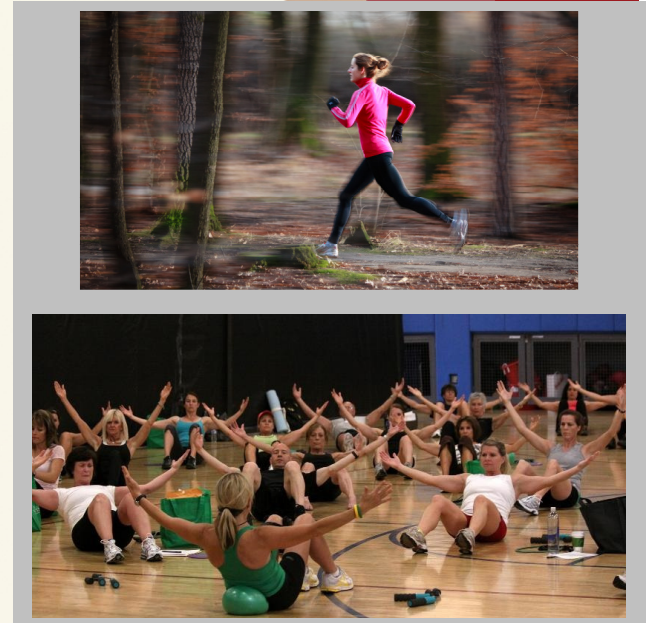
Suitable for personal trainers, group ex instructors, sports therapists and coaches, the workshop provides practical and cutting-edge knowledge and skills to help analyze and improve running technique. This is not a learn to run clinic – it is an Injury Prevention Program designed for the specific needs of runners.

CEC’s: AFLCA 4, canfitpro 2 FIS, 2 PTS, CSEP 4 (G), SPRA-3, BCRPA 4

12:30 – 1:00 PM LUNCH

1:00 – 5:00 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 Discs 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
CEC’s: AFLCA 4, canfitpro 2 FIS, 2 PTS, CSEP 4 (G), SPRA – 3, BCRPA - 4



REGISTRATION INFO

| DESCRIPTION | EARLYBIRD EXTENDED – WEDNESDAY JAN 21/15 | REGULAR AFTER JAN 21, 2015 |
|--|---|----------------------------------|
| THE BALANCED RUNNER PRO | \$149 | \$169 |
| INCLUDED IN REGISTRATION: BENDER BALL, PAIR OF GLIDING DISCS, 2 DYNA-BANDS, COURSE MANUAL, CEC’S, STORAGE TOTE | | |
| TOTAL BODY XPLOSION | \$125 | \$145 |
| INCLUDED IN REGISTRATION: BENDER BALL, PAIR OF GLIDING DISCS, COURSE MANUAL, CEC’S, STORAGE TOTE | | |
| TAKE BOTH AND SAVE | \$219 | \$239 |

WWW.FMGONLINE.CA INFO@FMGONLINE.CA

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



Fitness Marketing Group Inc.

201, 11442 – 168 St NW, Edmonton AB T5M 3T9 Toll Free: 1-888-290-FITT (3488) Local: 780-496-7410