

WE TUNE YOU UP

LIKE A HIGH PERFORMANCE ENGINE

Power Drop [W]: 459.33

Power Drop [W/kg]: 5.28

15.31

Power [W/kg]

12
10
8
6
4

FITNESS TRAINING

my SPEED

T R A I N E R

myspeedtrainer.com

Training Includes:

- Personal consultation with educated fitness specialist
- Super Treadmill (28 MPH, 40% Elevation)
- Increase Lean Muscle
- Decrease Body Fat
- Burn over 1000 calories per hour!!!
- Core/Abdominal training
- Total Body Strength
- Extreme Conditioning for maximum calories burned
- Stability, balance and flexibility
- Nutritional Guidelines for a healthy lifestyle
- Weekly Recipes
- Membership with programming
- Get Started NOW!!!

For more information go to

www.myspeedtrainer.com

or call 954-840-6586

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