

FULL- BODY RESISTANCE BAND WORKOUT

9

Perform 3 rounds of this circuit, doing 15-25 reps of each movement.

If you can perform 30 reps without fatigue, you should increase the intensity by doing additional sets, looping the band to make it shorter, or performing the movements more slowly.

1. PUSH-UP



* Remember to master technique before increasing reps or intensity!

3. LUNGE



2. SEATED ROW



4. STANDING PRESS



5. VERTICAL EXTENSION





INFO 18TH MARCH 2015

TERM CLASSES AND BOOTCAMP

Wow this term certainly flew past. It was a short 8 week term but term 2 will be a longer one at 11 weeks. The last term 1 group class will be Thursday 26th 7pm Powerbar. If you need to catch up classes please try to jump in another class before Easter.

All UnlimitedNRG participants can train until 2nd April.

Bootcamp sessions will run until Thursday 2nd April. .

*Term 2 starts up Monday 13th April. It runs for 11 weeks

*Bootcamp will resume on Monday 13th April 4 weeks \$150

*Term group classes will resume Tuesday 14th April. 11 weeks \$150 each class (11 sessions)

*UnlimitedNRG includes all sessions for 11 weeks \$400.

UnlimitedNRG also enables you to have regular checks with weigh in and advice,

*Fit Kidz Classes start Wednesday 15th April \$40 per month

FITNESSNRG HAS A NEW TRAINER !!!

JACK MILLIGAN IS NOW QUALIFIED TO TAKE GROUP CLASSES FOR ALL AGES. JACK HAS BEEN INVOLVED IN FITNESS FOR MANY YEARS AND IS PASSIONATE IN HELPING OTHERS. HE HAS AN UNDERSTANDING AND MOTIVATED PERSONALITY. JACK WILL BE A VALUABLE ASSET FOR FITNESSNRG PERSONAL TRAINING. ☺ FOR FURTHER ENQUIRIESPLEASE CALL 0419 535 720

NEW CLASS IN TERM 2

KIDZ FITNESS !!!!!

WED 4.00 – 4.45PM

START WED 15TH APRIL

COST \$10 A SESSION (\$40 FOR 4 WEEKS)

A fun class incorporating circuit exercises, boxing for kids and awesome fitness games to boost confidence and social interaction. Workouts are done at FitnessNRG studio.

Jack Milligan will be the trainer and has had experience working with children for ASV Academy at Belgrave South Primary School and ASV Studios.