

**TAKE CARE
OF YOUR
BODY**



**IT'S THE ONLY PLACE
YOU HAVE TO LIVE**

With a regular strength training program you can reduce your body fat, increase muscle mass, and burn calories more efficiently.

GET STRONGER, LEANER, HEALTHIER.

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**BUILD MUSCLE | BURN FAT | SHARPEN FOCUS
 CONTROL YOUR WEIGHT | BOOST YOUR STAMINA
 HEIGHTEN SPORTS PERFORMANCE
 DEVELOP STRONG BONES | REDUCE INJURY RISK**

50% OFF YOUR FIRST TRAINING SESSION.
 Must present postcard. Offer requires 0-00-00.

STRENGTH TRAINING

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