



St. Louis Black Belt Academy presents.....

WARRIOR X-FIT

What is a Warrior X-Fit?

A Fitness program that is based on the two most important factors for getting desired physical results with exercise: consistency (how OFTEN you exercise) and intensity (how HARD you exercise).

How to Apply to Warrior X-Fit?

Each exercise is performed for 3 minutes in duration with 20 seconds performing the exercise and 10 seconds of rest. There are 31 different "workout of the day" routines and each workout is assigned to a specific day of the month. The Warrior X-Fit program consists of more than 200 exercises different sets of striking combinations, different versions of dynamic stretching and a power stretching.

FREQUENTLY ASKED QUESTIONS

Who is the program designed for?

The program is designed for all types of users and age groups. Due to the program design and unique combination of exercises, Warrior X-Fit can be used for all types of warriors (those engaged energetically and aggressively in the cause for health and good condition). Also the program was designed for each person to work out at his or her maximal effort, thus ensuring individuals of all levels of fitness can exercise at the same time and experience an amazing workout.

When is Warrior X-Fit Offered?

MONDAY & WEDNESDAY

6:30-7 PM

**Starting in September we will offer one Saturday morning class!

Call Joan Cather for information at 314-306-3374 or