

## Strike a Balance Life Design Unique Fitness Training

No more waste... use what you have! Have you fallen out of love with your little to enormous amounts of home fitness equipment, DVDs and/or videos? No longer motivated to use this equipment? Let life coaching and fitness training work for you.

Let's get down to why your treadmill is the latest place to hang your clothing and why your DVDs are collecting dust? This is not your ordinary fitness training program. We customize a program tailored to meet your unique needs. How do we do this? We provided training for the equipment you already own and create customer solutions by providing additional ideas for fitness use. We also assist with trouble shooting for self-motivation, advancement and time management.

- First over the phone consultation is free
- One on One package of three -1 hour sessions \$150.00
- Groups of 3-4 (Three-1 hour session) \$140.00
- Groups of 5 or more (Three- 1 hour session) \$125.00
- Max 10 per group

Take a look to see what you own



Strike a Balance Life Design, Inc.

### Exercise Equipment List

- Exercise DVD or Video
- Jump Rope
- Mat
- Stability Ball
- Medicine Ball
- Treadmill
- Step Machine
- Elliptical Machine
- Stationary Bike
- Resistance Band
- Free Weights
- Volley Ball
- Soccer Ball
- Wrist and Ankle Weights
- Pull and Push up Bars
- Hand Grippers
- Pedometer

### Home Items

- Water Hose
- Stairs
- Home Walls
- Stable Chair
- Ladder
- Towel
- Belt
- Canned Goods
- Gallon Jug
- Toilet
- Half Gallon Jug
- Picnic Table
- Baby/Small Child
- Stroller
- Back Pack
- Heavy Rock
- Book