

**THIS 12 WEEK DYNAMIC PROGRAM
CAN BE DONE WITH THE FOLLOWING:**



Body Weight
(no equipment)



Cage Fitness Bags



Cage Fitness Bands



**Cage Fitness
Dual Grip
Medicine Ball**



QUESTIONS

DO I NEED PRIOR WORKOUT EXPERIENCE?

No. However, you should always consult a physician prior to working out. Our classes are designed to go at your own pace which allows us to cater to all levels of fitness.

DO I NEED TO KNOW MARTIAL ARTS?

No, not at all. Our classes do incorporate some martial arts strikes and terminology but, no real martial arts training. We will cover what you need to know!

DO THESE CLASSES INVOLVE FIGHTING?

NO! There is no fighting whatsoever. This is a fitness class and not martial arts training.

WHEN SHOULD I START?

Today is a good day! Call the number below for more information and to schedule your first class!

BUTTS & GUTS

CAGE FITNESS

EXPERIENCE SOMETHING DIFFERENT
WWW.CAGEFITNESS.COM

BUTTS & GUTS

Your never ending quest to a firmer butt and a flat stomach are over! Stop staring at yourself in the mirror wishing for change and do something about it. Our Butts & Guts program will provide full body classes for women and men with a larger focus on tightening and firming your backside as well as toning and flattening your stomach. Results come to those who want it bad enough and are willing to work for it! You deserve it. You are worth it. Pick up the phone and call or stop by now to schedule your first class. That new bathing suit you have had your eye on is waiting!

WHAT WILL BUTTS & GUTS DO FOR ME?

- Shape and tone your backside
- Tighten and tone your stomach
- Give you a full body workout
- Strengthen your core
- Get your body "swimsuit" ready



WHY IS CAGE FITNESS SO EFFECTIVE?

We have built a results driven combination of high intensity interval training (HIIT) and functional fitness with a martial arts flair to provide a fun, full body and intense workout in a shorter time period. Who has time anymore to spend hours in the gym?

HIIT is extremely effective in transforming your physique while improving your stamina and endurance. By incorporating intense periods of work with short recovery segments, intervals allow you to keep the workout intensity high while still maintaining form. Functional exercises tend to be multi joint, multi muscle exercises. This type of training, properly applied, can make everyday activities easier, reduce your risk of injury and improve your quality of life. On top of those benefits, you will experience an Afterburn! The HIIT portion will take your body out of its comfort zone and as a result, you will continue to burn calories hours after while your body brings itself back into balance!

NUTRITION SAMPLES AND DIET GUIDE

Nutrition is a huge and integral part of being healthy and reaching your fitness goals. Whether you are the average person wanting to lose weight or build muscle or an athlete wanting to up your game, we have a nutrition guide for you. Filled with general knowledge, tips, example plans and worksheets our guides will steer you in the right direction.



**CAGE
FITNESS**

1-877-650-CAGE (2243)
WWW.CAGEFITNESS.COM