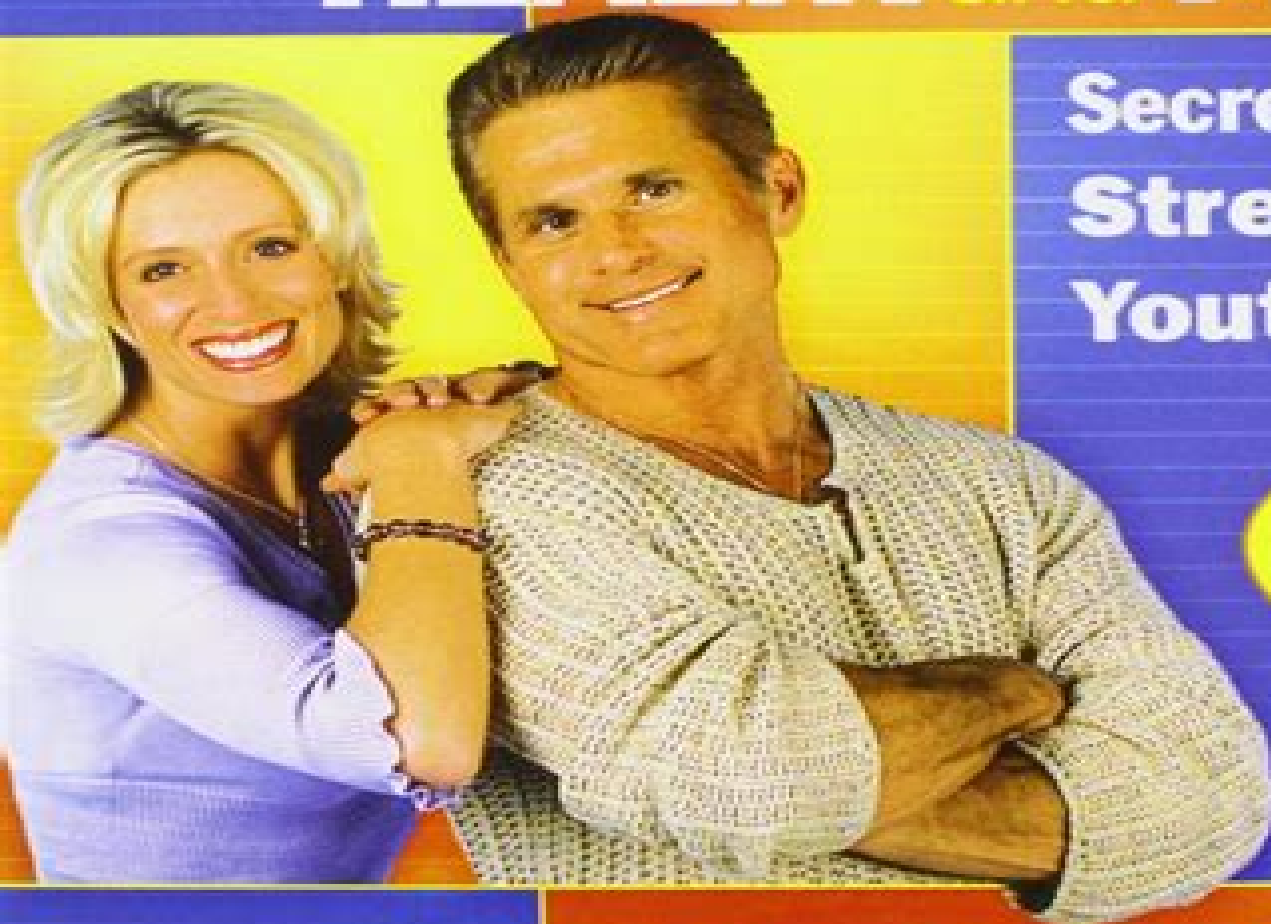


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out regularly or they look like they came straight out of a fitness magazine be careful because all that glitters isn't gold And it doesn't matter what that certificate says on their office wall or how many hours of personal training time they have because when these so called personal trainers tell you that they want to design a program specifically for you and your needs ask yourself how in the world do they know it works if they have never tried it for themselves WE DON'T ASK A POOR MAN HOW TO GET RICH SO BE WEARY OF THOSE WHO CANNOT DEMONSTRATE THEIR OWN CLAIMS **Your Performance**

Journey Korey McCoy, 2018-07-25 Seeking to reinvent my personal training practice I asked a question that provided the motivation for this book How can natural movement and functional strength rejuvenate the body motivate consistently and keep people feeling vibrant late into life So I developed The Perpetual Personal Training System and Your Performance Journey at Plaza Fitness Performance Your Performance Journey TM is a smart and strategic personal training fitness system The strategy tactics and actions created by the architecture of the system guarantee tremendous results for any who follow it THE STRATEGY The strategy of The Perpetual Personal Training System provides accountability and a repeatable cycle of growth It takes you through the seven phases of personal development realization baseline assessment foundation bodywork optimal strength re assessment and achievement THE TACTICS Your Performance Journey is personalized through 7 Strength Bands each designed to build the foundation of the human body Your Performance Journey takes you from where you are to where you want to go through 21 milestones Each milestone has seven checkpoints The Cycle Of The Perpetual Personal Training System that deliver you a quick win This creates amazing momentum towards your self defined performance goals THE ACTIONS Using 5 proven systems Your Performance Journey TM safely and effectively helps you participate personalize progress perform and practice to look great feel great and perform your best These 5 proven systems include functional movement screening spine health research reflexive performance resets neural resets and functional strength and high intensity interval training using tools that conform to natural movements such as kettlebells Moving the body the way the body was designed and connecting the mind and body has transformed lives so effectively it's breathtaking As we combined these systems clients began to have incredible results Members had drastically improved balance and better movement They fitted into their clothes differently They got more confidence and had a zest for life Their body weight began to fall faster than ever before We began noticing staggering body composition changes and percent body fat reduction They became more stable and their movements became stronger Back pain and discomfort were virtually eliminated We began getting comments that people felt decades younger with more energy than they've had for years In fact members actually liked working out and their new lifestyles embraced health and fitness Could you benefit from seeing any of these changes Start Your Performance Journey at PlazaFitnessPerformance.com My approach to fitness has been influenced by resources from experts in our field colleagues thousands of clients and my lifelong experience with exercise I am pleased to be in a position where my cumulative expertise and passion can provide architecture and navigation for others Korey McCoy M S

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The Premier Body Method Donald Richardson, 2018-05-15 The PREMIER Body Method is a fully comprehensive training program designed to teach the fundamentals of movement mechanics and then how to apply these mechanics to fitness exercise sports performance training and the real world It is used as a rehabilitation training system to help people suffering from injury or chronic pain It is used to decrease the risk of injury and serves as a body preservation strategy for both athletes and persons looking to live a healthy lifestyle It is used by health and fitness enthusiasts as well as athletes all the way to the highest level as a method of training the body to perform at its best

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