

AthleKinetix™



Train Like an Athlete

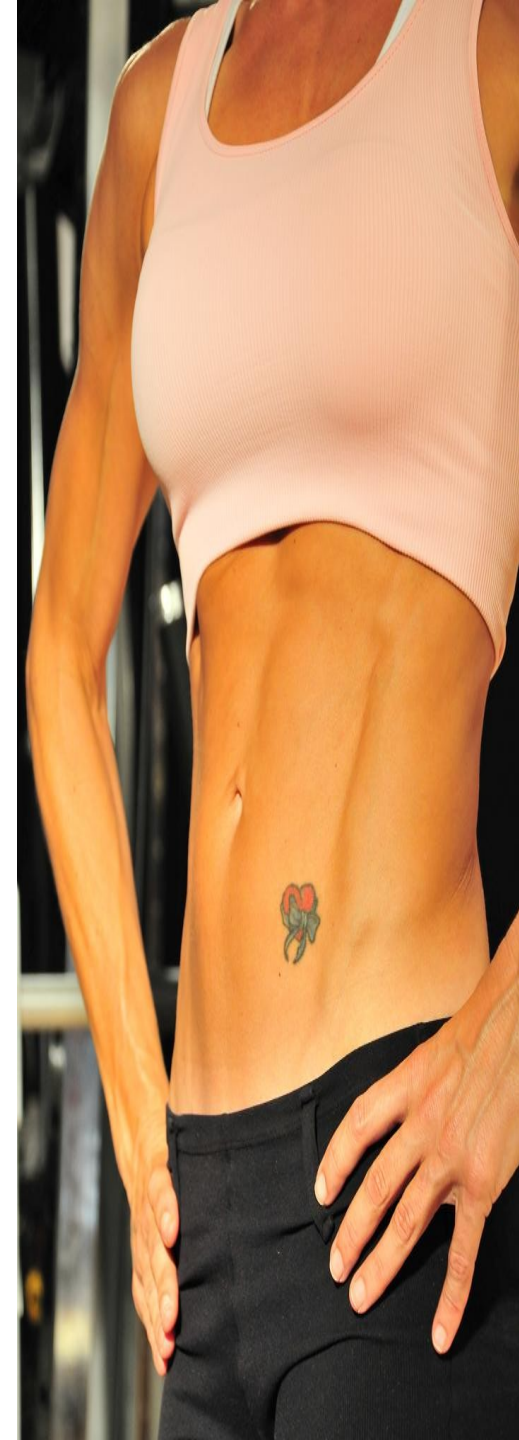
What is *AthleKinetix*™ ?

AthleKinetix™ is a revolutionary way of looking at fitness training which incorporates strength, cardiovascular, flexibility, and balance training.

AthleKinetix™ utilizes any fitness training product available to create a dynamic workout that will consistently challenge the body with creative, innovative exercises.

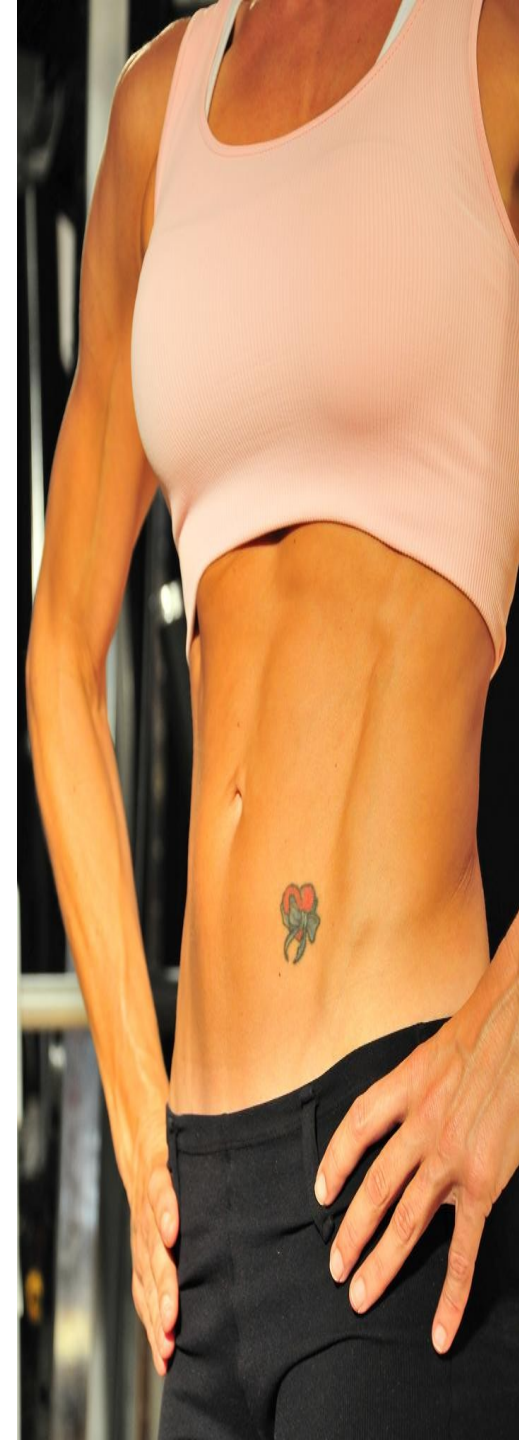
In *AthleKinetix*™ there are NO repetitions, NO rest, NO choreography, and NO two classes are the same.

The *AthleKinetix*™ workshop will teach you how to use all the fitness toys your gym has in one workshop so you feel comfortable training/ teaching on it.



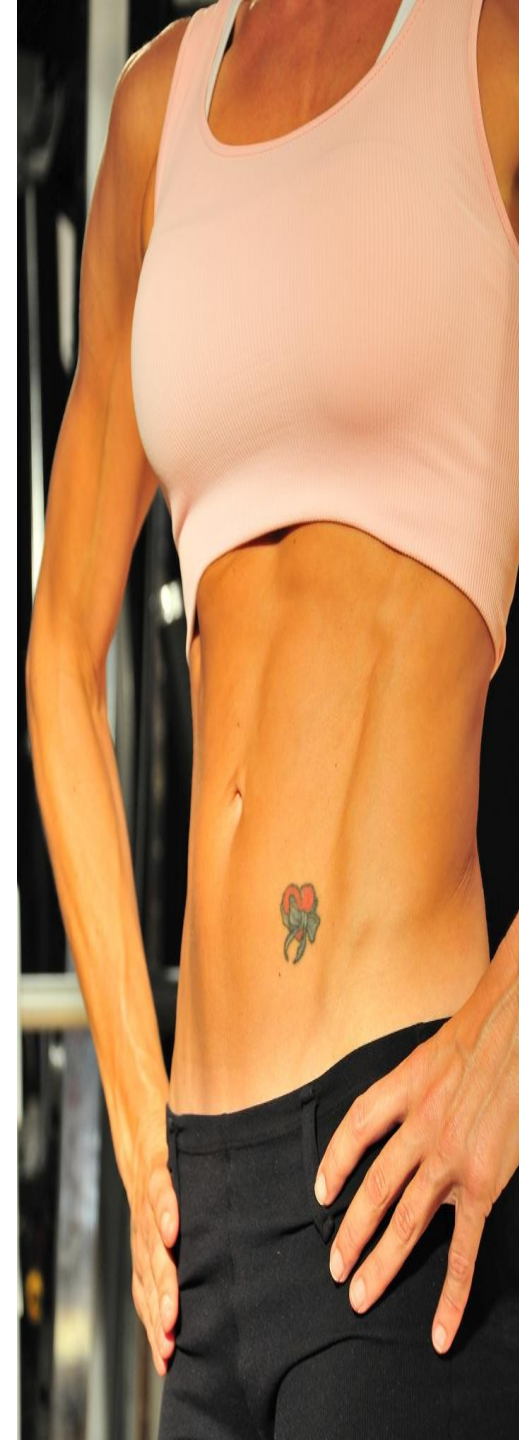
What can *AthleKinetix*[™] do for YOU ?

- *AthleKinetix*[™] workshops and classes benefit from its state-of-the-art, easy to use, exercise library which allows instructors or trainers to create dynamic, fresh, and intense workouts every time. There are over 400 exercises that can be taught interchangeably utilizing a wide variety of fitness products.
- Each *AthleKinetix*[™] session will challenge movers and stabilizers for optimal muscle confusion each time.
- A new workout can be assembled in minutes by simply using *COPY&PASTE* from your library onto the *AthleKinetix*[™] template. The exercises can be modified easily to all fitness levels.
- Upon completion of the workshop, instructors and trainers will know how to select, cue, and execute each exercise to be able to immediately incorporate them into any class they teach or client they train.
- Each attendee will:
 - Receive 0.6 ACE and 7.5 AFAA CEC's (you can petition NASM)
 - Be certified and qualified to lead an *AthleKinetix*[™] class.
 - Have the ability to cue over 400 exercises using various fitness products.
 - Be knowledgeable regarding safety and applicable modifications for all equipment utilized.



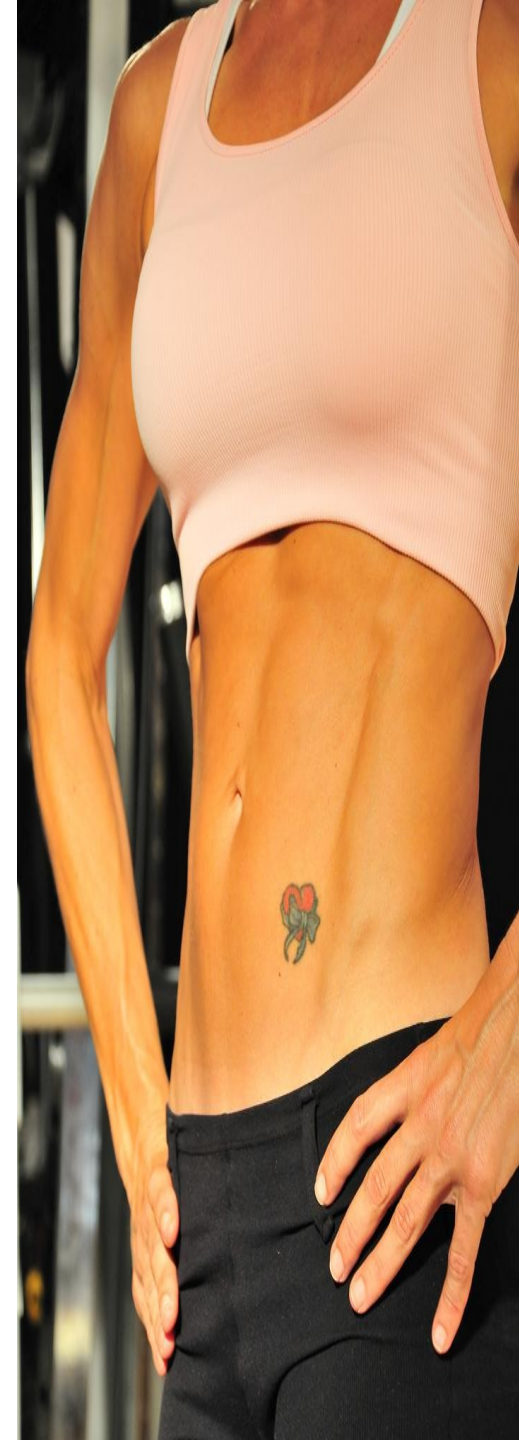
Why *AthleKinetix*TM ?

- Hosting a workshop is free to your facility and can be a revenue producer by simply allowing outside trainers and instructors to attend.
- We can outfit your facility or studio with any fitness product or equipment on the market at highly competitive pricing.
- Host an official master class to create a buzz with your members and staff about a new and exciting program you are launching.
- Use the *AthleKinetix*TM name on your Group Ex or Training Menu at no cost once the training has been completed.



More About *AthleKinetix*[™] ?

- *AthleKinetix*[™] debuted on the national stage at SCW Dallas MANIA 2009 and will be featured again in 2010 at SCW representing Polar USA.
- *AthleKinetix*[™] is excited to be a presenter for Power-Systems, a premiere fitness product manufacturer, retailer, and educator at conferences nationwide.
- The *AthleKinetix* DVD is now featured on many national retail and online sites
- Contact *AthleKinetix*[™] by telephone: 954.600.8735 or via email: cleon@athlekinetix.com
- Visit our website at www.Athlekinetix.com



Who is AthleKinetix™ ?



After 25 years in the fitness industry as an instructor, personal trainer, fitness director, group exercise manager, author, and international presenter, Christina Leon is an expert in group exercise.

She has presented at such prestigious conferences such as WSSC, Club Industry, SCW MANIA, InnerIDEA, ECA and has led workshops in the US and abroad.

She has taught every type of fitness class starting with the Jane Fonda aerobic days. Over the span of her career, Christina has taught Power Yoga, Pilates, Spin, Boot Camp, Aqua Classes, Kickboxing, and Resistance Training.

She is also a successful innovator in course development as proven by the high demand of her Spectral Journeys Colorized Wellness™ group exercise programs already in gyms around the country. Christina is well versed in many fitness modalities and styles.

“There is never enough time in the day is just an excuse... If you want something bad enough you will find a way - Train like an Athlete”