



STRENGTH & CONDITIONING

Do you want to learn how to take Strength and Cardio to the next level, all under the watchful eye of some of the best coaches in the industry- YOU will learn how to:

- Take your strength to the next level
- Learn to deadlift correctly
- Squat to full depth
- Bench using all the correct muscles
- Learn how to overhead press
- Take your cardio to its highest peak
- Build a strong mindset and body
- Be more mobile and flexible
- Create a specific and measurable goal for your strength and conditioning program
- Track your progress regularly and adjust your program accordingly
- Focus on proper form and technique to avoid injury
- Learn how to fuel your body with a balanced and nutritious food based on your Macros.

\$50

Initial assessment
required with a
Coach

\$20/week

Added onto your
membership

(minimum 12 week commitment)

2 for \$20

Trial classes
available after
initial assessment

If this sounds like you're ready to take your fitness seriously and take it to the next level, why not give it a try and see what it can do for you? You will not regret it.

WWW.BENEFITNESS.COM.AU