

BASE CAMP

**Build your
fitness
foundation
in two weeks!**

MAT[®]
**MUSCLE
ACTIVATION**
TECHNIQUES

September 6, 2023
5:30 PM

September 13, 2023
5:30 PM

In The Lifestyle Fitness Center Conference Rooms

For more information call: (559) 906-0367

MICHAEL LINGENFELTER, Muscle Activation Techniques Practitioner MAT- Rx

Join us for a transformative two week workshop at the Lifestyle Fitness Center "Base Camp." This program is designed to help you establish a solid fitness foundation and set you on the path to success. Over the course of two weeks, we will cover essential aspects of fitness, from flexibility and muscle health to core strength and balance.

During the workshop, our main focus is not just to provide information, but to empower each participant with the understanding and confidence needed to navigate the vast sea of fitness information. We understand that the fitness world can be overwhelming with various strategies, trends, and conflicting advice.

In the first week, you'll focus on the key components of building a strong physical foundation. The second week will guide you in crafting a personalized fitness plan, including tips for getting started, overcoming challenges, and practicing optimal exercise techniques.

Whether you're new to fitness or looking to refine your routine, "Base Camp" equips you with the knowledge and tools you need to achieve your fitness goals. Don't miss this opportunity to embark on your fitness journey with expert guidance and a supportive community!

Week 1: Building a Strong Foundation

- Flexibility/ Muscle Health
- Core Strength
- Balance

Week 2: Mapping Your Path to Success

- Getting Started
- Overcoming Challenges
- Optimal Exercise Practices