

CST SYSTEM

Seminar - August 2nd to the 4th, 2008

“A challenging but totally do-able mix of yoga, strength training and movement designed to target your weak spot. You could almost call it an ‘intelligent’ workout.”

- Jacqui Mooney, Cleo Magazine



The Only System Providing Potential for Pain-Free Health, Optimal Performance and High-Quality Longevity: The Circular Strength Training® System Lands on the Shores of Singapore August 2nd to the 5th, 2008

Accelerate your health and extend your potential for a high performance and vibrant life. The Circular Strength Training® System is taking the world by storm. It is not a trend, but an evolutionary paradigm shift in which high performance and optimal health can not only coexist, but are entirely interdependent.

Men's Fitness Magazine has named our system as "essential for the at-home workout" and the "best for strengthening a joint's entire range of motion." The New York Post called it the “most

challenging” new workout for 2007. In 2008, the Australian media is ablaze with the wonders of Circular Strength Training. In fact, the world-famous Circular Strength Training® System was

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voted the #1 Best Fitness System of 2008 by Cleo Magazine! The CST System is exploding across the international scene, represented in more magazines than any other fitness system of its

caliber. It is becoming demanded in the health club industry for public classes across the United States and throughout the world.

And for the very first time, the Circular Strength Training® System will be landing on the shores of Singapore. From **August 2nd to the 4th**, 2008, you will have the opportunity to train with **Coach Adam Steer**, member of the elite CST Head Coaching Staff.

Priceless New Skills

This three-day introduction to the most complete system of wellness, fitness and performance on the planet will be available for everyone from the fitness professional to the athlete to the health and fitness enthusiast. A flexible approach will allow all involved to reap the benefits. In addition to the general seminar, tracks will be available for teaching certifications in each of the 3 component disciplines of the CST System.

Priceless Addition to the Arsenal of the Fitness or Wellness Professional

Are you a wellness professional seeking a Premium Benefit from Cutting-Edge Client Results and "SOLD OUT" class attendance? With qualification as an instructor in the CST System, you will be able to immediately add the following to your repertoire of talents in your curriculum vitae:

- 1. **FlowFit** Classes: the hottest holistic body-weight only class which will reap massive fitness benefits in only 14 minutes.
- 2. **Ageless Mobility** Classes: the integration of benefits from yoga and tai chi in a systematic fashion to attract and provide pain-free results to all ages, even the advanced seniors.
- 3. **Intu-Flow** Classes: the ultimate joint mobility wellness program which can be learned from the first class and provides ongoing benefits for even experienced participants.
- 4. **Clubbell Athletics**: imagine medicine ball and elastic strand training taken to its logical conclusion, and you'll find the power and pump of Clubbell

"A Movement Art for the 21st Century"

Coach Adam Steer

athletics classes will not only attract prospective clients with its uniqueness, but keep them because of the fun, fantastic results they will seize!

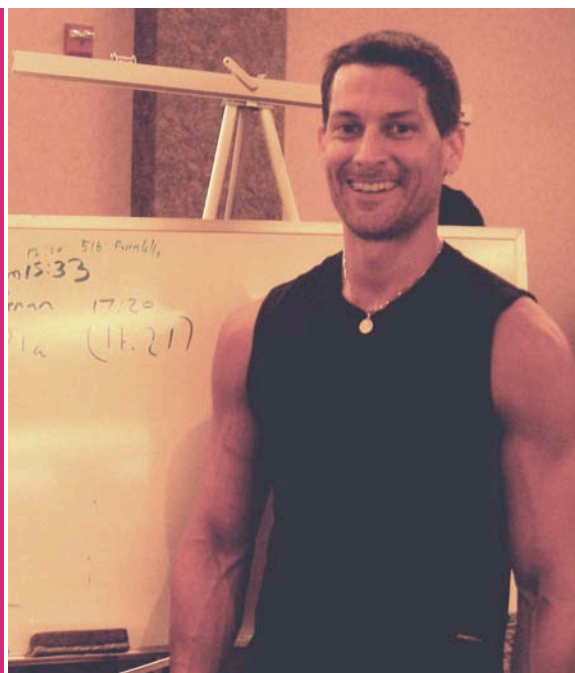
- 5. **Forward Pressure** Classes: introduce your clients to the Yang of Yoga! It's the most fun you can have while putting on serious size and strength. Clients adore this innovative twist on bodyweight training for functional strength and hypertrophy.
- 6. **Be Breathed** Classes: offer your clients instant improvement in quality of life and sport performance through integration of their breathing with their movement and structure. Be Breathed is a foundation program for training total breath integration and core strength through a full range of motion.
- 7. **Prasara Body-Flow**: your clients will love learning the alphabet of movement. Add playful, full-body, functional bodyweight exercises to your coaching repertoire. These exercises represent the full spectrum of the natural human movement pallet.

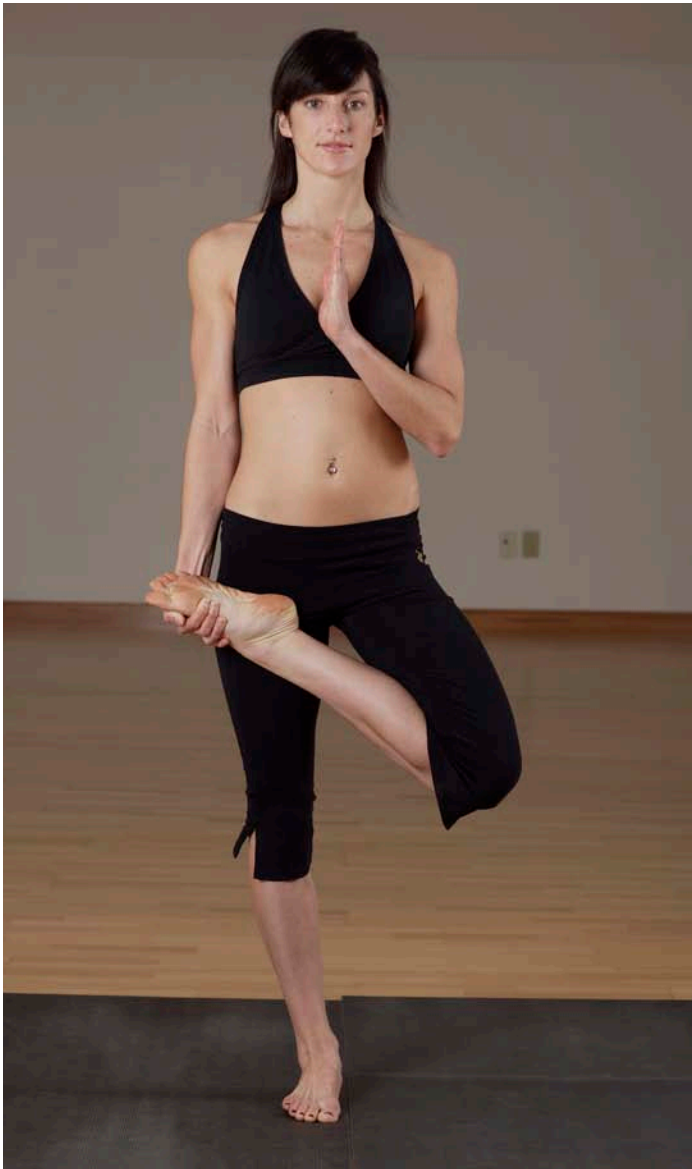
You Are Your Own Best Client

Even if you are not a fitness industry professional, you will fully benefit from this seminar. Each of us is our own most important client. Apply the above exercise modalities to yourself for the optimal approach to long-term health, wellness and performance.

Head Coach Steer

Adam Steer is one of the small group of elite staff members working with Coach Scott Sonnon, founder of the system, to bring the Circular Strength Training® System to the world. Adam has been coaching both elite and recreational skiers, on and off the slopes, for almost 20 years. He has also competed in several team and individual sports at both recreational and high-performance levels. Adam practices his craft through his business, Momentum Training, in Quebec City, Canada.





Seminar Options.

-Three-day hands on introduction to the Circular Strength Training® System.

-Additional certification option in the CST System's Intu-Flow Joint Health and Mobility.

-Additional certification option in the CST System's Prasara Body-Flow Yoga.

-Additional certification option in the CST System's Clubbell® and Alternative Weight Swinging.



What is in it for you?

A whole new paradigm of fitness & wellness.

Who will benefit from this seminar?

- Anyone wishing to improve their overall health, fitness and pain-free movement.
- Athletes looking to improve their performance.
- Fitness professionals looking to get in on the next necessary evolution in the industry.

What are the benefits of the CST System?

Although the list may seem exhaustive, you can expect the following from consistent practice using the CST System: injury prevention and prehabilitation, pain reduction and elimination, rehabilitation, post-rehabilitation reconditioning, enhanced sports performance, significantly accelerated recovery, maximized restorative capabilities, improved coordination and agility, greater emotional control, improved

mental awareness and attentional stamina, optimized body-mind connection.

Time tested tradition meets impeccable science.

But how does the CST System do all this. The answer is in the fact that it isn't merely a matrix of scientific theory, nor is it just a pool of alternative exercises. It's a health technique which has made rationally systematic and efficiently expeditious all of the benefits of ancient martial arts and health practices from around the world. And it's been **proven at all levels from the average person wanting to regain their innate beauty and grace, to the elite athlete wanting to enhance their performance** in a sustainable way which guarantees their career longevity.

Seamless integration of health and performance. Three ingredients to holistic wellness.

Intu-Flow Joint Health and Mobility

CST System joint wellness and mobility movements can look like a very joint specific Tai Chi; where instead of elaborate and highly technical motions to memorize, each joint is moved through simple motions until it naturally sophisticates itself. This wing of CST – called Intu-Flow® – appears as if the Tinman in the Wizard of Oz were suddenly given a can of oil lubricating each joint until he could wiggle, dance and spin with the un-containable exuberance we each once had as a child, and can have again RIGHT NOW! Coordination is hard-wired into you; only un-coordination is learned. And practice of Intu-Flow® wipes clean the slate allowing you to regain your natural grace through these very simple to learn, but ever-sophisticating movements.

Prasara Body-Flow Yoga

CST movements in Prasara Body-Flow look very much like physical yoga but with elements of dance, gymnastics, and martial arts. The real key to Prasara Body-Flow isn't how overwhelming the advanced movements can appear, but how instantly accessible the beginning components are. If you begin, you will continue to progress to ever more



“CST System Workshops give you coaching immersion in Elite Fitness Techniques, kick down doors to New Career Ventures, and instantly promotes you to the First String of Fluid Physical Mastery!”

Coach Scott Sonnon
 Founder and CEO
 Circular Strength Training® System

challenging movements always experiencing success and always relishing each new challenge.

Clubbell Athletics

CST movements in swinging weights such as the Clubbell® - but also with gymnastic rings, sandbags, medicine balls, swing balls, parallettes and monkey bars - feel incredibly feral and instinctive, because they are how we are hard-wired to move. Learning to move in the robotic, disjointed movements typical of conventional fitness gyms is hard for the body, which is why most people need

loud music, books, television, anything to distract their nervous system from the insane tedium of the monotony. Instead, swinging weights like my Clubbell® allow you to express your strength in 3 dimensions, and create real usable strength not just for enhanced sports performance but for functional applications in all fields of life. You don't have to spend years learning how to swing an axe, sledgehammer, shovel or club because the template is written into our very DNA. Swinging weights is absolutely the most genetically connected, and fun way you can maintain and grow your fitness.



How to Obliterate Your Competitors, Skyrocket Your Income and Magnetically Attract More Clients with the **Clubbell®** – The #1 "Hand-Held Health Club" for Pain-Free Power, Fat-Free Fitness and Injury-Free Prehab

For More Information or To Register

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Includes

- 3-day seminar
- Certification fees
- Certificate and Member Card
- A set of Clubbells
- Course documentation kit including DVDs and books

Note: if you are not interested in certification, or already have Clubbells, please contact us regarding adjustment in the price of the seminar.