

EQUALIZER TRAINING – There is nothing equal to it!



Ben Spooner



Ben Spooner, Co-owner of ALIVE and personal trainer, is a third degree black belt in TaeKwon Do and a five-time National TaeKwon Do Federation heavyweight champion. He holds an AFLCA group exercise certification and a Can-Fit-Pro Personal Training Specialist certification. He has a very extensive group exercise and martial arts background and has been involved in the fitness industry as an instructor and trainer for 15 years.

Ben, age 33, is also a professional engineer working in the oil and gas industry. He is married and is the father of two daughters.

“This was the highlight of our conference” ... “You guys take this to a whole new level!” Can-Fit-Pro Conference, Montreal, Feb, 2010

Versatile, portable and unique, are ways to describe the Lebert Equalizer. For strength, agility, sport-specific training or cross training this is a system no trainer should be without! The “EQ” is appropriate for almost any fitness setting, group training, studio, boot camp or rehabilitation centre, and for the first time in a group exercise setting, allows participants to perform a body weight pull up! This system is simple to learn and easy to implement as a stand-alone program or to complement existing programming.

This interactive day will ensure that participants have ample opportunity to experience and practice their skill and exit the day with confidence to integrate the EQ into daily use right away.

CECs:	3 Can-Fit-Pro CECs (PTS/FIS)
Course Date:	Saturday, May 15, 2010, 11:00 am to 5:00 pm
Location:	Alive Personal Training Studio, South Building, Holy Cross Center, 2310 2nd Street SW, Calgary, AB, T2S 3C4, (403) 225-8554
Course Fee:	- \$169.00* (CAD) Early Bird Rate - \$189.00* (CAD) Regular rate less than 2 weeks prior to course date. - \$244.00*(CAD) Regular rate + Equipment: Includes 2 Equalizer bars, Beginner/Intermediate Workout DVD and Laminated Exercise Poster (Save \$43.00 - Regularly \$99.00 less \$25.00 discount less \$18.00 shipping cost). *plus appl. Tax.
Register:	Register online at http://www.lebertfitness.com/lf_courses.htm
Cancellation:	\$25.00 cancellation fee
Contact:	Ben Spooner, ben@alivepersonaltraining.com

