

BOSU[®] DOUBLE UP DOUBLE DOWN

Are you ready to double the intensity, double the interaction, double the results and double the FUN? This workshop is designed to teach you dozens of brand new drills, skills and sequences using two BOSU[®] Balance Trainers, not just one! Learn how to exponentially expand the utility of BOSU simply by doubling down, and walk away with exciting ideas for solo drills, partner drills and team drills that can be used in group fitness, personal training, boot camp, kid's programs, circuit training and sports conditioning. Guaranteed to inspire you to BOSU like never before! *Participants will receive the BOSU[®] Double Up Double Down Handout and DVD Download.*



WORKSHOP INFORMATION

DATE: _____

TIME: _____

LOCATION: _____

PRESENTER(S): _____

CONTINUING
EDUCATION CREDITS: **.2 ACE/.2 NASM/ 2.0 AFAA/ 1.0 Canfitpro**

REGISTRATION INFO: _____

PRICING: _____