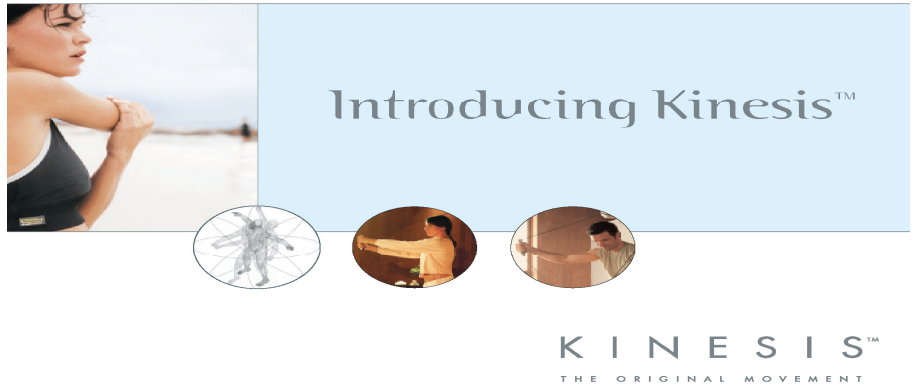




INSIDESPORTS



Kinesis is the newest, most innovative method of training available. Kinesis equipment uses a unique cable and pulley system that recruits muscles of the entire body from head to toe.

BENEFITS OF KINESIS TRAINING:

BURN 30% MORE CALORIES AND INCREASE FLEXIBILITY.

Technogym has designed this equipment to allow free range of movement with no compromise to the resistance load. Training with Kinesis will require more muscle fiber recruitment resulting in improved strength in all areas as well as burning 30% more calories than traditional strength training by working more of the muscle.

FUNCTIONAL STRENGTH AND BALANCE ARE IMPROVED.

Kinesis was created to allow the body to move in any direction while traditional strength training equipment is designed to move in only one direction (forward and back, up and down). With this unique 3-dimensional movement system, the body is trained to work as it would in typical daily activities & sports, promoting functional strength and leaving no weak links.

BUILD POWERFUL CORE MUSCLES AND A BETTER POSTURE.

While the body pushes, pulls, and rotates using this state of the art equipment, the core muscles are heavily recruited. The results are a stronger midsection creating more power and reducing the risk of back injury and pain by strengthening the muscles supporting the spine.

PROGRAMS:

Kinesis programs will address a variety of fitness goals including weight loss, strength, posture, flexibility, and balance. Training sessions usually involve groups of 3 to 5 participants creating an enjoyable group atmosphere and are available at a variety of times throughout the week. Pick up a Kinesis Training schedule and get started on your journey to better health and fitness. Training session packages may be purchased at the front desk.

FOR MORE INFO OR TO SIGN UP FOR A TRAINING SESSION CONTACT:

Leta Lorenzen at (913)645-5905 or leta@68insidesports.com