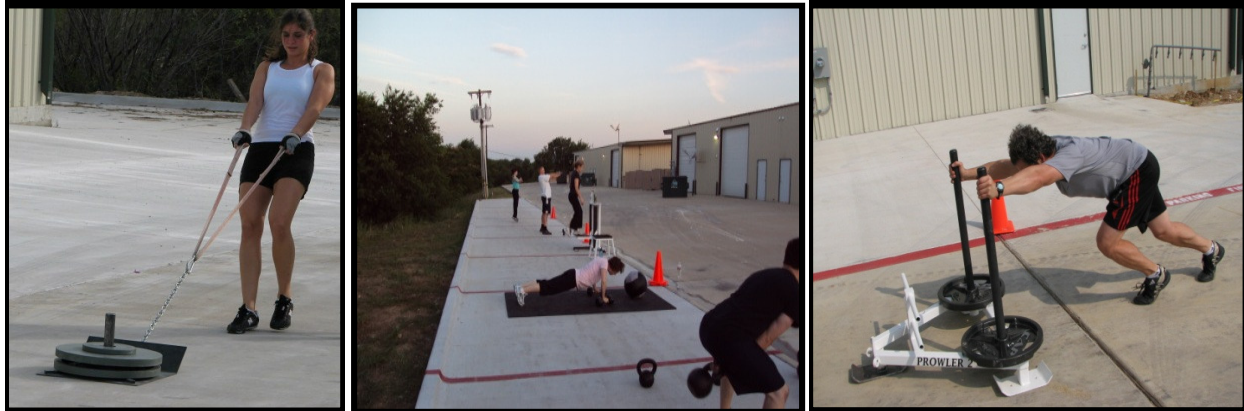


Strength Studio Inc.

Presents

# Strong and Lean Boot Camp II



From **June 21, 2010 thru July 16, 2010**, Erick Minor will conduct the **Strong and Lean Boot Camp II**. During this 4-week fat loss program; participants will train **Monday, Wednesday, and Friday from 6:00am to 6:55am** at Strength Studio gym.

This exercise course is designed to produce rapid fat loss for individuals of every level. We utilize a variety of equipment including dumbbells, kettlebells, medicine balls, cones, hurdles, jump ropes, strongman equipment and sandbags. Training takes place at Strength Studio, a private facility with both indoor and outdoor training areas.

Erick Minor, a professional strength coach and owner of Strength Studio Inc., will lead this course. Inspired by his lifelong dedication to athletic excellence, Erick is a resource for advanced training protocols.

**Registration Fee: \$229**

**After we receive your registration fee we will send you a physical readiness and activity questionnaire with instructions.**

Please go to [www.erickminor.com](http://www.erickminor.com) to register online

Visit [www.strengthstudio.com](http://www.strengthstudio.com) for information about our gym and services.

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