

**WHO ELSE WANTS TO LOSE 12-24 LBS,
5-15% BODY FAT? GUARANTEED!**

PushFitness™

BOOT CAMPS

The Training Spot, Huntington Beach's premier private exercise studio now offers PushFitness™ Boot Camp a fun, effective outdoor fitness class for people of all fitness levels and body types

PushFitness™ System

Definition: Verb; Freedom through Fitness

The PushFitness™ System is only available at The Training Spot, Inc. private exercise studios in Huntington Beach.

This system involves moving your body the way it's supposed to be moved. Pushing, pulling, throwing, climbing and jumping.

It is a fitness regimen that not only produces staggering functional strength, fat loss, and maximum endurance, but also the mental and emotional boost that can only come from PUSHING yourself beyond perceived limits.

Learn what it really means to "workout!" We are experts at pushing you while teaching you, and you know that you have not been pushing hard enough by yourself. You are stronger than you realize and the PushFitness™ System will bring out your hidden potential.

Sound Intense? It is, but only as intense as your current fitness level permits. Our PushFitness™ certified trainers carefully monitor your training to ensure maximum gains while always maintaining safety.

Call to Sign Up Today! (714) 841-9294

THE TRAINING SPOT

in Town

16942 Gothard St.
Huntington Beach, CA 92647
(714) 841-9294

at the Beach

440 Main Street
Huntington Beach, CA 92648
(714) 374-7448

"Like many, I searched for years for the secret to losing weight and keeping it off. It wasn't until I was introduced to The Training Spot that everything changed for me. Their PushFitness™ & TakeDown™ Systems changed the way I think about diet and exercise. I always knew I needed expert guidance. I needed a coach who could put together a plan just for me that addressed both exercise and nutrition, and then ultimately hold me accountable to it"

**- Joe
Huntington Beach**



www.tspot.org