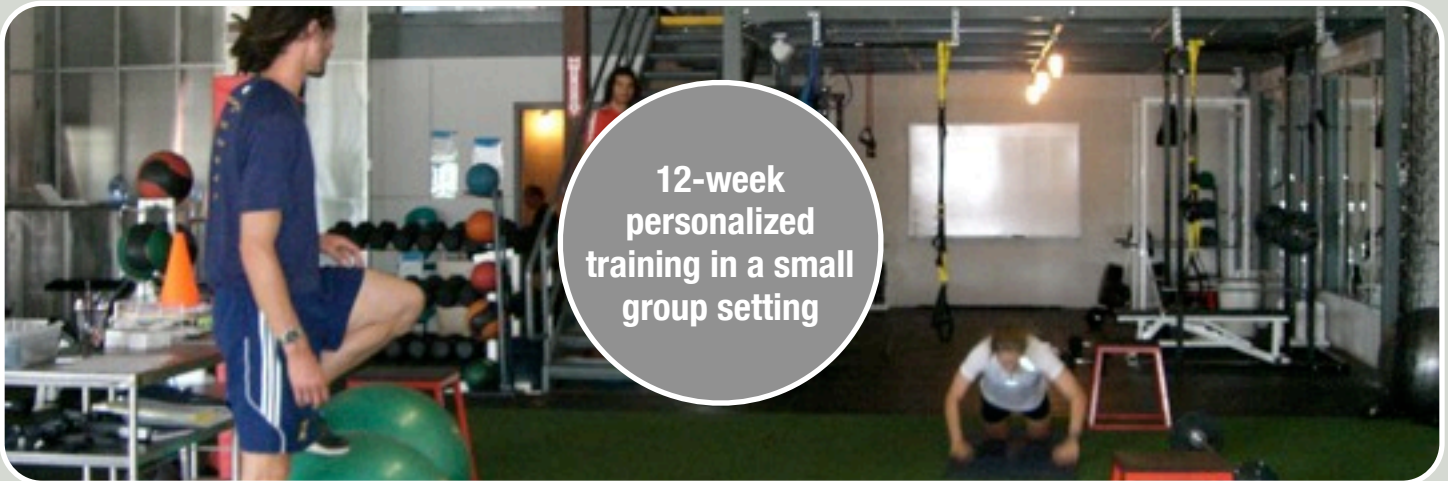


Summer 2011

NORDIC



CROSS COUNTRY SKI STRENGTH AND CONDITIONING

Achieve your goals on snow next winter by beginning a dynamic and challenging strength and conditioning program now.

Join trainers **Max Lipset (NSCA-CPT)** and elite ski racer **Audrey Weber** for group training sessions at **FIT Studios in St. Louis Park**. This unique training package combines the customization and individual attention of personal training with the affordability and convenience of a group class. Offerings include our four daily "drop-in" times or schedule an additional time. Your program will be tailored to your ability and goals and will include strength, power, joint stability and mobility, injury prevention, and agility. Past and current clients include Olympian and Birkie Champion **Caitlin Compton**, as well as numerous citizen-level ski racers. This program is appropriate for anyone who wants to work hard and see improvement in their overall fitness and ski-

specific performance. All ages and abilities encouraged. High school athletes should inquire about joining our Dynamic Youth summer training program.

Package Cost:

\$650, see below for what is included

Weekly Offerings:

- Mo-Th 6AM, 9-11AM*, 12PM, 4:30-6 PM*
- Fri 6AM, 9-11AM*, noon, 3PM
- Sat 8-9:30AM*
- Sun 8:30AM
- Track Sessions (Edina) T, Th 9-10AM

All sessions last one hour

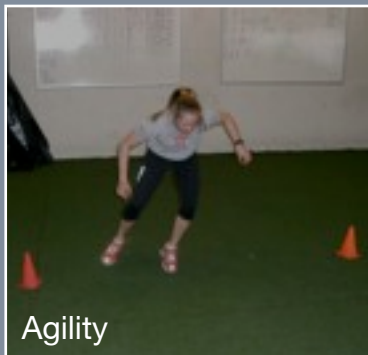
* Rolling start times up to the last hour of session

Contact Max to get started:
Max@FITtc.com 651-249-3967



Make your dreams a reality!
2010 Olympian and 2011 Birkie Champion **Caitlin Compton** trained at FIT during preparations for both events

TRAINING @ FIT



Prepare to be challenged

Training at FIT is a one-of-a-kind experience. Dynamic training means that you are always being challenged and no two sessions are ever alike. Progressive training plans make sure you are always being pushed in order to achieve maximum gains while working towards your goals. And the FIT staff are always by your side to make sure your workout is perfectly executed.

Duane Phinney

(former) Wave 2 Birkie Skier

After a disappointing 2010 Birkie, Duane Phinney reassessed his training and decided to add a structured strength regimen to his ski training. On the advice of one of his coaches, Caitlin Compton (Olympian and Birkie champion herself), Duane chose FIT Studios to support him in this decision.

“The training program I discovered at FIT was and is like no other strength program I’ve ever experienced. [Aaron and Max, the trainers,] incorporate strength, agility, and flexibility elements into their programs in wonderful and imaginative ways. I never thought I’d use adjectives like these for a workout, but they are appropriate in this case.

Max and Aaron are there to guide each element of my workout, describing the activity I’ll perform, how long it will take, and what the rest time should be. The workouts are progressive and functional. You may find yourself climbing a rope one minute and the next you’re seeing how many times you can bounce a 20 lb medicine ball off the wall in 60 seconds. Believe me, this is no standard iron gym workout.

Perhaps most important, is the consideration that Aaron and Max direct toward activities that are specific to the sport, or sports, you wish to be competitive in.

From early summer of 2010 through today, I can happily say I’ve been training, on average, twice a week with Max Lipset at FIT. Of course, I still kept up my standard regime of ski training and technique workouts, as I had over the past four years, but now a structured strength element had been added in on a permanent basis.

During the 2010/2011 ski racing season, I had several races leading to the Birkie which indicated I was skiing very well. During the Birkie itself I felt stronger than ever at the half-way mark (25 KM’s) and my upper body and arms, clearly weak areas in last years race, were strong and ready to work. During double pole and kick double pole stretches, I was pulling away from the pack. My splits were ALL negative and I finished 16.3 minutes faster than last year! My time back from the leaders improved by 12% over 2010. I moved up in my age group 19 places, **improved my overall standings in the men’s classic division by 102 places, and I’m eligible for wave 1 next year!!**

I can honestly say that FIT training was the sole factor that I changed in my training and it is definitely partially responsible for the great year of skiing that I had.”

Outdoor
training at Edina
track available
Tuesday and
Thursday 9AM

PACKAGE INCLUDES

Initial assessment-\$120 value

This assessment will cover: lateral and vertical power, posterior/anterior upper and lower body strength, core strength, midline stability, balance, agility, quickness, as well as muscle endurance and optional lactate threshold, heart rate zone testing.

12-week custom training plan

Individual programs will be designed based on the results of the assessment, trainer recommendations, and the athlete/individual's goals. Your plan will include 24 unique workouts to be executed in the studio over 12 weeks.

24 small group sessions

Following our “drop-in” schedule, clients decide which days and times each week to come in and do their training. FIT trainers Audrey or Max will be present to guide you through your workout for the day while you work alongside other clients on their own programs.

Click to
watch a video
featuring FIT
nordic athletes

REGISTRATION

ALSO AVAILABLE ONLINE WWW.FITTC.COM



Call or email
to get started
today!

PARTICIPANT NAME:	
ADDRESS:	
EMAIL:	
PHONE:	
EMERGENCY CONTACT:	
PHONE:	
PARENT/GUARDIAN:	
EMAIL:	

CHOOSE YOUR PACKAGE:	PRICE	✓
SUMMER NORDIC TRAINING PACKAGE	\$650	
HEAD GAMES - 4 SESSIONS	\$200	

RETURN FORM TO:
FIT Studio
3520 Belt Line Blvd
St. Louis Park, MN
55416-2624

PAYMENT INFORMATION	AMOUNT		
CHECK ENCLOSED PAYABLE TO FIT TRAINING	\$		
-OR-	CREDIT CARD #	EXP DATE	CVC
CREDIT CARD			

HEAD GAMES

Sports Psychology Series

Rick Aberman, PhD and Fit Studios are very excited to present this 4-part series called "Head Games: The Psychology of Performance." This series will provide education and insights designed to help

individuals of high school age or older utilize their talent and reach their potential on and off the field. Research-based practical applications will be presented. Dr. Aberman works with the Minnesota Twins, Minnesota Vikings, the University of Minnesota, as well as high performing leaders and executives. Head Games is open to athletes, coaches, and parents and all FIT clients.

11AM-12:30PM

- June 13th
- June 20th
- July 11th
- July 18th

For More Information Contact:

Karen Aberman 612-868-4011