



The Bender Method™ of Training  
**BACK, CORE, LOWER BODY, UPPER BODY**



## LEARN AND EARN!

### LEARN

effective, tested and results driven exercises that are easily adapted into any type of fitness, one-on-one or rehab environment.

### EARN

CEC's from provincial/national certifying agencies and CSEP.

## A SPECIALISED TRAINING SYMPOSIUM FOR HEALTH & WELLNESS PROFESSIONALS.

**DATE: Sunday, Sept 22, 2013**

**City of Ottawa – Nepean Sportsplex  
 1701 Woodroffe Ave  
 Ottawa, ON**

<b>8:30 AM</b>	<b>REGISTRATION</b>
<b>9:00 – 1:00 PM</b>	<b>FOUNDATION TRAINING</b>
<b>1:00 – 1:30 PM</b>	<b>LUNCH</b>
<b>1:30 – 5:30 PM</b>	<b>TOTAL BODY XPLOSION</b>



The Bender Method™ of Training is an exciting and effective approach to traditional core training utilizing the Bender Ball. The program provides you with the tools to become a “critical thinking” leader in safe and results-driven programs easily adaptable to group ex, one-on-one, mind body and rehab settings.

The Bender Method™ of Training concept was originally created by Leslee Bender, International Presenter in the US. In 2008 FMG launched the Bender Ball and Bender Method of Training concept in Canada and established a national team of Master Trainers across Canada. Since then they have trained hundreds of wellness professionals via conferences, Bender Method of Training and FITT Symposiums. 2012 marked the partnership between FMG and Helen Vanderburg, International Presenter, creator of Fusion Fitness Training and owner of Heavens Elevated Fitness.

*“Together, our mandate is to provide health and wellness professionals with exciting educational opportunities with a blend of Bender Method and Fusion Fitness Training principles.”*



**FOR FURTHER INFO / OR TO REGISTER:**

[www.FMGonline.ca](http://www.FMGonline.ca) [Info@FMGonline.ca](mailto:Info@FMGonline.ca) 1-888-290-FITT (3488)



**SUNDAY, SEPT 22, 2013**

**NEPEAN SPORTSPLEX  
1701 WOODROFFE AVE  
OTTAWA, ON**

**AGENDA**

**8:30 AM REGISTRATION**

**9:00 – 1:00 PM FOUNDATION**

The Foundation program is the premise of all Bender Ball training programs and teaches the small ball principles combining comprehensive theory together with a hands-on interactive practical application. Acquire a better understanding in achieving maximum activation and learn selected core stabilization exercises that will challenge all levels. Walk away with a results driven, research based, cutting edge and *functional* exercise program that will enhance your clients' lives. Bender Ball takes core training to a new level on its own! Authored by Helen Vanderburg.

**1:00 – 1:30 PM LUNCH**

**1:30 – 5:30 PM TOTAL BODY XPLOSION**

In this module you will learn the latest applications using the Bender ball in conjunction with other common props such as Gliding Disks and Tubing. Throughout this intensive, interactive workshop, you will experience and learn new exciting ways to incorporate the Bender Ball into both group ex and one on-one-sessions. Gain the understanding of how the Bender Ball can increase intensity, add stability and be easily adapted to all fitness levels to create success in "all" participants. Take the next step in adding value to your brand. Authored by Michelle Felzmann

**PRESENTED BY:  
DYLAN HARRIES  
BENDER METHOD™  
MASTER TRAINER**



Dylan Harries {B. Rec., B.Sc. (HK), C.A.T} is a renowned fitness presenter who travels the world inspiring his participants with his passion and knowledge of all forms of physical activity. With over 20 years of fitness experience, Dylan is the Regional Director of the Kanata YMCA-YWCA in Ottawa Canada. In his spare time, he is an award winning athletic trainer and performance coach for world level figure skaters. Dylan is CFP (PTS/FIS), CALA (Trainer), YMCA (T For T), Bender Ball (Trainer), SPI (2), Gym-Stick (Aqua Master Trainer), HydroRider (Master Trainer), Spinning (star 2), Bosu, Gliding (Level 1) and NCCP (2) certified.



**REGISTRATION INFO**

**WWW.FMGONLINE.CA**

DESCRIPTION	EARLYBIRD BY TUES SEPT 17/13	REGULAR AFTER SEPT 17/13
FOUNDATION	\$99	\$119
TOTAL BODY XPLOSION	\$99	\$119
TAKE BOTH AND SAVE!	\$149	\$169

INCLUDED IN REGISTRATION:  
CEC'S, STUDENT HANDOUTS, BENDER BALL  
HST WILL BE ADDED TO REGISTRATION FEE



**WWW.FMGONLINE.CA    INFO@FMGONLINE.CA**

**TOLL FREE 1-888-290-FITT (3488)**