



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.

# BENDER BARRE TRAINING™ WITH LESLEE BENDER MAKES ITS CANADIAN DEBUT!

SATURDAY FEB 1, 2014

8:30 – 5:00PM

WORLD HEALTH – CITY CENTRE

220, 10205 – 101 ST

EDMONTON, AB



**Leslee Bender** B.A. ACSM, NASM, AFAA, ACE and 2010 finalist for IDEA Instructor of the year. Leslee currently resides in Orlando, Florida and has over 25 years experience in the fitness industry and has presented internationally in over 20 countries. She is the creator of the *Bender Method of Training*™ with 2007 infomercial of the year short form. Leslee has produced over 30 DVD's and has created one of the safest methods of core training. Leslee is a graduate of the Gray Institute of Applied Functional Science.

In 2011 she launched the first back care and Bender Barre None® program for fitness professionals. Currently Leslee works in Orlando as a functional training specialist with pro-water skiers .



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)

# BENDER BARRE TRAINING WITH LESLEE BENDER

SATURDAY, FEB 1, 2014

WORLD HEALTH – CITY CENTRE  
220, 10205 -101 ST, EDMONTON, AB

The Bender  
Method of Training



## Bender Barre Method A Barre None Approach to Core Training

**Barre** is one of the hottest methods of training since the Pilates boom!!

**The Bender Barre Method** is a "Barre None" approach to the popular Barre fitness classes infusing ballet, yoga, pilates, and strength conditioning.

This session introduces the trainer to how to successfully teach a basic Barre format *without the use or necessity of a ballet bar!* You do not have to be a dancer to appreciate the movement of vertical training utilizing the Bender Ball™ and Gliding Discs™.

**Bender Barre** is one of the safest methods of Barre training for the fitness professional that will not over utilize the student's hip flexors creating low back pain or injuries. Our program focuses on the body's ability to lengthen against gravity and applied functional exercises for all levels of students. Each trainer will walk away understanding the true purpose of each exercise and how this Barre program is based on applied functional exercises that create core strength, improve flexibility and posture for ALL levels of fitness.

This session will include everything you need to know to teach, implement, and run a successful Barre program. You'll not only keep your members/clients, but acquire new ones.

Our programming has been documented with the Journal of Applied Research and the Loma Linda University.

Pre-Requisite: One must hold a current certification in group ex, personal training or mind-body thru a recognised certifying agency together with current CPR. AFLCA CEC's – 7, CSEP 7 (G), canfitpro – 4 FIS, 4 PTS



### REGISTRATION INFO

**EARLYBIRD**  
BY TUESDAY  
JAN 21/14

**REGULAR**  
AFTER JAN 21/14

\$189

\$219

REGISTRATION INCLUDES:  
COURSE MANUAL, BENDER BALL,  
PAIR OF GLIDING DISKS, TOTE BAG  
AND CEC'S.

[WWW.FMGONLINE.CA](http://WWW.FMGONLINE.CA)

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