

# THE MIRACLE WORKOUT



## ONE-DAY WORKSHOP

*also known as ...*

## INTEGRATED BODY CONDITIONING®

PRESENTED BY



and



**CONTINUING EDUCATION CREDITS AVAILABLE FOR CPT CERTIFICATION! \***



SATURDAY, MAY 17, 8:00 A.M. - 5:00 P.M.,  
NATIONAL PERSONAL TRAINING INSTITUTE OF CO (NPTIC)  
1658 COLE BLVD., LAKEWOOD, CO 80401  
(see [www.npticolorado.com](http://www.npticolorado.com) for directions)

*If you are a personal trainer, coach, fitness center or personal training studio owner, **do not miss this event!** Athletes and serious recreational exercisers also welcome!*

### **TO RESERVE YOUR PLACE**

Mail your NAME, E-MAIL, and CHECK or MONEY ORDER for \$149.00 made to: Fitness Resources, LLC, 1658 Cole Blvd., Suite 50, Lakewood, CO 80401 or sign up and pay by credit card via the website, [www.FitnessResourcesSeminars.com](http://www.FitnessResourcesSeminars.com)

Instructions for downloading the Training Manual & Workshop information will be e-mailed to you immediately on enrollment. [View the Workshop Schedule](http://www.MiracleWorkout.com/Training) at [www.MiracleWorkout.com/Training](http://www.MiracleWorkout.com/Training).  
Questions? [FitnessResource1@aol.com](mailto:FitnessResource1@aol.com) (local) 303.238.9999 / (toll free) 1.877.215.2643; **Content questions:** (Training Manual, certification requirements), e-mail [Jackson@MiracleWorkout.com](mailto:Jackson@MiracleWorkout.com).

\* Nine (9) hours of continuing education (0.9 CECs/CEUs) approved by A.C.E. and available by reference from ACSM, NASM, ISSA, NSCA, etc.

**“The Miracle Workout” ([www.MiracleWorkout.com](http://www.MiracleWorkout.com)) is the revolutionary health & fitness system that:**

- ◆ delivers up to **5** times the results of the best conventional exercise
  - ◆ eliminates delayed-onset muscle soreness (DOMS)
  - ◆ is more fun and adaptable than any other exercise modality
- ◆ *produces exponential increases in personal training, group class, & membership revenue*
- ◆ is for all fitness levels & ages, indoors / outdoors, and powerful sports-specific applications.
  - ◆ Is documented in *the NSCA Journal of Strength and Conditioning Research!*

## **PUMP UP YOUR BOTTOM LINE!**

**... take a look at what the City of Boulder, Colorado Recreation Centers have done for their bottom line with *The Miracle Workout!***

	<u>Winter, 2005</u>	<u>Fall, 2008</u>
Miracle Workout Classes Taught	2	18
Total Enrollment	7	140
Waitlisted	0	40
Total Revenues (Classes Only!)	\$806	\$9,565
Personal Training/Membership Revenues	0	\$8,750
City Medical/Indemnity Savings (estim.)	0	\$6,250
<b>Annual Gross Revenues</b>	<b>less than \$1,000</b>	<b>approaching \$100,000!</b>

***The Miracle Workout brings in many, many new clients!!!***

***“The Miracle Workout” has been featured in local and national media ...***

- *Fit Magazine* (September 2007)
- *Rocky Mountain Sports* (October 2007)
- *Journal of Strength & Conditioning Research* (Feb.08)
- *U. S. News & World Report* (March 2008)
- *Men’s Health Magazine* (May 08)
- *Women’s Health Magazine* (June 2008)

**HURRY! LIMITED SPACE AVAILABLE!**

**Please call NPTI Colorado or Fitness Resources at 303.238.9999 for additional CEU / CEC information.**

The Workshop will be introduced by Fitness Resources, LLC, and Dr. W. Jackson Davis, inventor of the method and author of *The Miracle Workout* (New York: Ballantine, 2005). The Workshop will be taught by highly qualified trainers certified by national certifying agencies, The Miracle Workout, LLC, and endorsed by ACE.

**Prerequisites:** Capacity to do moderate exercise safely, Participant Agreement (provided in Training Manual).

## **“Miracle Workout” CLIENT TESTIMONIALS ...**

*"Integrated Body Conditioning®", aka "The Miracle Workout", has become the foundation workout that I teach all of my clients. "The Miracle Workout" is the most enjoyable and sustainable form of exercise that I have found. My clients continue to make regular progress in weight loss, cardio- respiratory gains, and strength gains. The bonus is that they are feeling energized when they finish and don't feel sore the next day. The time flies by for them and they look forward to the next workout. I use "The Miracle Workout" personally. I would be a fool not to, the science and statistics behind it are impressive."*

**- Dr. Martin Petrofes, City of Boulder, Personal Trainer**

*"Firefighters need strength and endurance to perform well on the job. The Miracle Workout gives us both. We are very pleased with the results...."*

**- Larry Donner, Fire Chief, City of Boulder, Colorado (April 2008)**

*"The Miracle Workout has been a great program to bring variety, interest and intensity back to my workouts. I've been happy with my results..."*

**- Jason Moat, Firefighter, City of Boulder, Colorado (April 2008)**

### **As written by anonymous “Miracle Workout” clients...**

*"The Miracle Workout is totally addictive! The time just flies by and before you know it an hour has passed.*

*"[It's] a workout for all abilities and with a lot of variety [so] you never get bored.*

*"It's a wonderful balance between cardio and weight lifting."*

*"[The Miracle Workout] is more energizing -- like I have more energy all day long"*

*"I didn't get sore!"*

### **...and as written by athletes participating in scientific trials of The Miracle Workout at the University of California**

*".... progress was easy to see and that motivated me to make greater strides."*

*".... I increased strength in every muscle group and my cardio improved."*

*"The recording of my progress and being able to see my growth was the most satisfying. I have been able to notice a visual improvement in my body."*

*"... In the Integrated Body Conditioning® training program, I could build strength & endurance"*

*"This is the most organized workout I have ever done...."*

*Keeping track of our improvement was great!"*

***"The Miracle Workout changes the nature and perception of exercise...."***

**- Ryan Andrews, M. A., Director, Office of Physical Education, Recreation, and Sports, University of California, Santa Cruz, CA.**

***"The Miracle Workout is the future of exercise!"***

**- Dr. John Van Every**

***MAKE THE MIRACLE WORKOUT PART OF YOUR FUTURE!  
DON'T DELAY, LIMITED SPACE! ENROLL NOW.***