

# ***SGX/Obstacle Course Training***

The SGX/Obstacle Course Training offered by Elite Health and Fitness, Inc. is a small group training program. It is designed to prepare the participant, over a three month period, for competitive sporting events. Whether you are preparing to run a 5K, a marathon, a mud race, or any other extreme competition...YOU WILL BE PREPARED!

There are four main factors we focus on: Correct body movement and technique, injury prevention, a mind and body connection, and building strength and stamina.

Our course is a periodized program designed over a twelve week period. It is a functional fitness program, which incorporates many different modalities of the fitness industry (body weight, kettle bells, weight training, Core, HIIT, TRX, etc.).

We start with basic functional movement and proper techniques. From these basic concepts we expand into building your strength and stamina, linking your mind and body, and prepare you to excel in everything you set your mind to accomplish.

We meet two days per week (24 days total). In addition to our group training sessions you will be given weekly assignments to complete. You weren't planning on getting into the best shape of your life by only working two days a week were you?

The program includes an additional workout day (on your own), as well as, aerobic and anaerobic training days. We train hard for three weeks, rest for a week, and repeat the cycle over and over. Each four week cycle builds on the accomplishments of the previous cycle. During your rest weeks you will be tested on our obstacle course facility. Whether you are only interested in a running race or participating in a mud race, an ironman competition, or a bi- or triathlon...this periodized program will help in your overall preparation. If you are just looking to challenge yourself, get in the best shape of your life, and/or build your confidence you should seriously consider joining us. This challenging program is designed for the beginner, as well as, the most elite athlete...and everyone in-between.

***We offer a similar youth program on the weekends. Our youth program is designed with the same benefits in mind, however, participation is limited to a maximum of seven participants per instructor. The kids program is offered at the same time as the adults class. (typical age limits: 7 – 13)***

***IF YOU ARE NOT SURE, COME AND TRY IT OUT ON A CLASS PER CLASS BASIS! On a daily basis you will not get the full benefits of our program, but YOU WILL GET an awesome workout. If you base your exercise accomplishments on the sweaty/sore scale, you will definitely not be disappointed.***