

Physiotherapy Room

Time to  
**BURN**  
some  
fat.

GOAL IS TO  
MY



**GET IT DON'T QUIT**  
It never gets easier. You just get strong.  
**Running to the future.**

**Celebrating health.**

**STRONG MIND STRONG**

Love yourself and shape your life  
**Get it done**  
FITNESS IS A BATTLE WELCOME  
if you want a





you can  
EXC  
TS or  
h

When you sweat a little  
you sweat the big stuff

**NO EXCUSES**

**BURN**

Physiotherapy Room

MY



Pain is TEMPORARY  
Greatness is PERMANENT

you can... TS or  
EXC... h

CYBEX

EAGLE NX  
HIP ABDUCTION/ADDUCTION



EXCISE not both  
can have RESULTS or



STRONG  
MIND  
STRONG  
BODY

Look sharp enough to melt  
fat in shape, burn that fat.

100% WATER BOTTLE AND THE EXTRA

100% WATER BOTTLE AND THE EXTRA

RESULTS of  
not both

What you have a God  
your frame to DO the work

NO EXCUSES

SCYBEX

EAGLE NX  
CHEST PRESS

STRONG  
MIND  
STRONG  
BODY

It's not enough to be  
in shape, you're that fit.

It's not just about the  
weight, it's about the  
mind.



Pain is **TEMPORARY**  
Greatness is **FOREVER**





Winners  
Quitters

CROSS





quit

win

FIT





  
CYBEX



CYBEX  
EAGLE

GLUTE

How to use this machine:  
1. Adjust the seat and footrest to your height.  
2. Place your feet on the footrests and hold the handles.  
3. Push the handles forward and upward, squeezing your glutes.  
4. Return the handles to the starting position.  
5. Repeat for the desired number of repetitions.



CYBEX

PREME  
LEG CURL



CYBEX

FITNESS

4A

Winners never  
quitters never



Love  
your  
work

Make yourself  
stronger than  
your  
youth



**Winners** never quit  
and  
**Quitters** never win

Give yourself  
enough to  
work harder.

**CROSSFIT**





Make yourself  
stronger than  
your excuses.



**POWER**

Love yourself  
enough to  
work harder





























