

Date

Time: 9:00am-4:00pm

@ClubFit-LA: 11601 Wilshire Blvd., in the World Savings Bld., Suite#105/ DIRECTIONS ONLY CALL: 310-966-1999

CONTACT: 310-473-0556

AB-VANCED NEU-SPINE®

LEE BRANDON, INC.

"PUTTING THE FITNESS PIECES TOGETHER"™

Co-sponsored by:



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BODYPRO CHIROPRACTIC



Lee Brandon, C.S.C.S.

Lee Brandon, C.S.C.S., is an exercise specialist who is an expert in evaluating and correcting postural biomechanics. She currently holds the patent and is the inventor of the unprecedented Ab-Vanced Neu-Spine® Training systems. Lee is the former **Asst. Strength Coach for the N.Y. Jets**, professional football team, and is an Internationally known motivational speaker. She is the owner/president of Lee Brandon Inc, and works as a fitness consultant on the west side.



"Hands-on" Application of AB-Vanced Neu-Spine® Technology.



Practical application for groups and individuals.

AB-Vanced Neu-Spine® resistance training techniques:

AB-Vanced NEU-SPINE® training is a safe, time efficient, high intensity, spine specific, system of resistance training. It incorporates the principles of engram motor programming and neuromuscular re-education, coordinated core co-contraction and lumbar stabilization in combination with posturally sound neutral spine biomechanics. World class athletes, personal trainers and their clients, weekend warriors and moderately active individuals can all dramatically increase their level of performance and achieve their training goals faster by learning to incorporate the fundamentals of the **AB-Vanced NEU-SPINE®** technology into their training programs.

Join strength and conditioning experts and spine specialists as they discuss the patented **AB-Vanced NEU-SPINE®** technology, the latest research on neutral spine and lumbar stabilization, correct postural and abdominal training, and injury prevention. Practical training segments provide demonstration of this latest technology.

- **NSCA Certification Commission Executive Council Approval for 0.6 CSCS and/or NSCA-Certified Personal trainer CEU's.**

- **Register by _____ and SAVE 25%-** (all personal info will be kept CONFIDENTIAL)

AB-VANCED NEU-SPINE® WORKSHOP

| | START | FINISH |
|--|---------|---------|
| <input type="checkbox"/> Ab-Vanced Neu-Spine® INTRO | 9:00AM | 10:00AM |
| <input type="checkbox"/> Ab-Vanced Neu-Spine® (BIOMECHANICS, INJURY PREVENTION, PRACTICAL APPLICATIONS) | 10:00AM | 12:00PM |
| <input type="checkbox"/> Ab-Vanced Neu-Spine (HANDS-ON APPLIED STATION TRAINING—COME DRESSED TO WORK) | 12:55PM | 4:00PM |

LEE BRANDON, INC.

Mailing address ONLY:

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Los Angeles, California 90046

Phone: 310/473-0556
Email: CONTACTLEE@LEEBRANDONINC.COM
www.LeeBrandonInc.com
FAX: 650-745-3945

Name _____
Address _____

email _____
Phone _____

Method of

Cash

Check

Money order

CIRCLE ONE BELOW:

YES, I AM A CERTIFIED PROFESSIONAL AND NEED THE CEU'S. \$200.00

YES, I AM A interested in becoming a Certified PROFESSIONAL......\$180.00

I am AUDITING for my PERSONAL USE......\$180.00

PRE-REGISTER — TAKE 25% OFF.....

SUB-TOTAL: _____

Total: _____

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“IMPORTANCE of AB-Vanced NEU-Spine® in all forms of Training.



AB-Vanced Neu-Spine® at work.



“Putting the Fitness pieces together™”.