



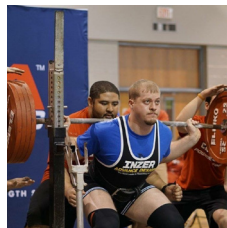
## Strength Personal Training Series with Tyler

The Power-lifting Strength Program is a 13 week program focused on advanced strength training techniques. Techniques will focus on heavier compound moves involving Squats, Bench, and Dead lift.

Workouts will happen in a 1on1 format with extra focus on safety, technique and skill. Participants can expect to learn proper exercise technique, proper weight selection when strength training along with gaining noticeable strength over the 3 months.

Taught by USAPL Power-lifter Tyler Martinez, the 3 month program will be more technical, difficult, and useful than the average 3x10 workout. So for all guys and girls looking to get stronger or finally break the plateau, this one is for you.

**13 week series \$585**  
**\$60 per session**



Sign Up Today! 337.406.2582



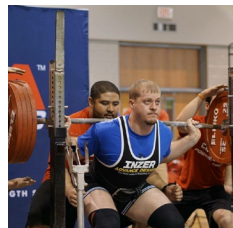
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