

**IMPROVE YOUR REHABILITATION & FUNCTIONAL  
STRENGTH TRAINING SKILLS- INSURE OPTIMAL CLIENT RESULTS-  
GAIN PHYSICIAN REFERRALS - AVOID INJURIES**

*Dr. Wayne Westcott presents...*

## **‘Foundational Fitness’ Webinar Series**

**6-Week Seminar Series Starts October 25!**



**Earn CEU's While Learning in an Interactive Environment From a  
World-Renowned Strength Expert!**

### **HERE IS WHAT YOU WILL LEARN!**

The 6-week webinar series will include a 75-minute webinar session for six consecutive Tuesdays, starting October 25 from 1PM – 2:15 PM (EST). Here are the topics that will be covered.

*Benefits of Standard Strength Training/ Principles for Safe and Successful Strength Training/  
Practical Application of Circuit Strength Training/ Protocols for High-Intensity Strength Training  
Proper Performance of Machine-Based Exercises/ Common Questions and Correct Answers*

**Just \$199 for the entire series! Corporate discounts are available!**

**Sign up now by filling out the attached form or contacting us at:  
800.831.7665 ext. 2, [bernie@medfitsystems.com](mailto:bernie@medfitsystems.com), [www.medfitsystems.com](http://www.medfitsystems.com)**



