



FITNATICO™ *Intense Physical Conditioning* is a core to extremity, circuit cycle, no resting, total body activity, conditioning method. Using this intense fitness method allows you to maximize your use of time, as well as accelerate and enhance the desired results. Performing the prescribed strength and endurance exercises using the FITNATICO™ circuit cycle method enables you to build muscle endurance, strength, and power, at the same time reducing excess body fat.

The effectiveness of the FITNATICO™ circuit cycles method is derived from performing a circuit of prescribed target exercises designed to work every angle of each muscle group in cycles. Utilizing the technique of well-controlled movement, full range of motion, and coordinated breathing, you move from one exercise to the next without resting.

FITNATICO™ incorporates simultaneously performing the most essential aspects of fitness conditioning: Cardio Respiratory; Cardio Vascular; and Resistance Training. This intense fitness technique keeps your metabolism and heart rate elevated, pumping oxygenated blood to the muscles and all vital organs for maximum efficiency resulting in peak performance.

The FITNATICO™ method consists of balancing the three key necessary principles for fitness success and optimum performance:

1. **Proper Exercise** (Form and Technique)
2. **Proper Nutrition** (Fuel)
3. **Proper Rest** (Recovery)

What makes the FITNATICO™ *Intense Physical Conditioning* method so effective and stand out from the rest is the combination of the fitness methods and principles for superior health that are integrated to form this proven intense physical conditioning system.

FITNATICO™ offers:

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- Personal Training
 - Group Training
 - Sports Conditioning
 - Corporate Wellness
 - Indoor / Outdoor Fitness Classes
 - Fitness Clubs
 - Fitness Vacations
 - Fitness Camps
 - Fitness DVD's
 - Interactive Website
 - Online Training
 - Nutritional Counseling
 - Longevity / Wellness Programs
 - Youth Fitness
 - Pre and Post Partum Fitness Programs
 - Massage Therapy
 - Physical Therapy

To join us, visit us online at www.fitnatico.com

WELCOME TO THE MOVEMENT!

Located at: 2828 H Street, Suite F
Bakersfield, CA 93301
(More locations coming soon)

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