

MUSCLE MECHANICS

Strength Training & Nutrition Program

Every muscle is beautifully tuned or "designed" for a specific function. This tuning is enhanced through proper exercise and nutrition, and by **following proper form when exercising.**

This class will share the principles of muscle design and how, with using **proper form**, you will achieve better results, see the results quicker, and prevent injury. Also learn the Mind-Body connection and how this can build a lean, ripped physique faster.

Zee will share exercise techniques and nutrition facts that will help develop your body's level of function and fitness quicker, safer and better.

Are you are ready to change your life?

Zee will motivated and leads by example. He has trained champion bodybuilders and figure competitors and can guide you to success in your fitness goals.

People of all ages will benefit from Muscle Mechanics. For your best body ever, join Muscle Mechanics Strength Training & Nutrition Program.



Class Times:

Wednesdays, 6:30—8:00pm

Class Dates:

Jan 18, 25, Feb 1, 8, 15, 22

Program Fee:

\$249

**Stop by the Welcome Desk
today or call 281-348-2205**

