



## **ALL ACCESS PASS**

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### **OVERVIEW**

Strength, cardio and flexibility – the great fitness trifecta! CrossCore® can provide it ALL! In this dynamic session, each component is woven together in a challenging and effective way for a one-stop-shop powerful workout. Explore all the CrossCore® is capable of delivering to you and your clients.

### **OBJECTIVES**

1. Provide a foundation for general CrossCore® use.
2. Guide attendees through exercise progressions and regressions.
3. Provide attendees with a workout experience combining strength, cardio and flexibility on the CrossCore® unit.

### **SUMMARY**

There are many product options on the market today. Why use the CrossCore®? CrossCore® is the most functional suspension training unit on the market! Training on the unit takes traditional bodyweight exercises to the next level by adding rotation, dynamic tension and instability. After participating in this workshop, you will sold on the versatility of the product and all that it can offer your clients!

Consider taking your CrossCore® skills and experience to the next level with a certification. We offer live certification options to meet your needs and the needs of your employees. <https://crosscore.com/education/get-certified>

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