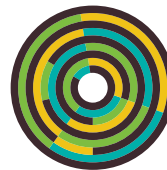




21-DAY *SHRED* GUIDE

**GAIN MUSCLE
& LOSE FAT
FOR A LEANER,
STRONGER YOU**



**STEVE NASH
FITNESS WORLD
& SPORTS CLUB**

21-DAY SHRED PROGRAM



This program is designed for men who want to get fast and effective results. **It must be followed exactly how it's shown.** You get what you put into it!

Those guys that you see in the gym who are shredded from head-to-toe didn't get there by eating junk food, and coming to their workouts without knowing what to do. They have a plan for each workout, for each week. They know their meals each day and don't cheat. And they enlist specialized programs, like this one, to make sure they get the best results.

Here are some Do's & Don'ts for getting the most out of your workout plan*:

DO:

- Dump the junk food; for real
- Plan ahead, or fall behind
- Get a good night's sleep
- Consume more, not less, protein
- Stay hydrated!

DON'T:

- Consume processed foods
- Go "Fat Free" or "Low Fat"
- Focus on everyone else

*More details on page 11

HOW MUCH WATER SHOULD YOU DRINK?

Calculate your Body Weight * 0.67 = How many ounces (oz.) of water to drink per day.

You should consume water first thing in the morning, 30 minutes before a meal, and prior to bedtime.

Note: 1 litre = 34 oz.

CARDIO PLAN

FREQUENCY: Monday to Friday **fasted cardio** first thing every morning.

INTENSITY: Moderate. Heart rate should be in the **fat-burning zone** (see below for target).

TIME: 30-45 minutes **TYPE:** Incline treadmill or elliptical.

WHAT ARE THE BENEFITS OF FASTED CARDIO?

Fat loss! Research shows that exercising in a fasted state increases both lipolysis and fat oxidation rates. Lipolysis is when fat cells break down for energy. Fat oxidation is the burning of this energy by cells.

FAT BURNING HEART RATE ZONE

Figure out your max heart rate (max heart rate = $220 - \text{your age}$). And then determine your fat-burning range, which is 60% - 70% of your max heart rate.

(E.g.: A 32 year old male would look like this:
 $220 - 32 = 188$, $188 * .65 = 122$.)

DYNAMIC WARM-UP

**This will be the first thing you do before every workout.*

1. 10 minutes on stationary bike
2. Foam roll the entire body
3. Dowel stick shoulder rotations x 10 in each direction
4. Walking high kicks for length of the gym and back
5. Rotation stretches

WHY A DYNAMIC WARM-UP?

1. Continuous movement versus static stretches.
2. Movements are tailored to a specific sport, emphasizing muscle groups used during the activity.
3. Enhanced coordination and motor ability.
4. Provides mental preparation.

FLEXIBILITY & RECOVERY

1. Foam roll every day before your workout, and after, if needed.
2. Perform the following stretches after EVERY workout and hold for 30 seconds each side:
 - **Calf stretch against wall:** heel on the ground with your toe up on the wall (or use a ball)
 - **Hamstring stretch:** sit and reach for toes
 - **Quad stretch:** stand and pull your heel to your glute
 - **Glute stretch (pigeon pose):** one leg back, one knee in front of you with leg perpendicular to your body
 - **Chest stretch:** using a dowel, stretch your arms behind your head while pushing chest forward
 - **Back stretch:** hang from the pull up bar and stretch lats
 - **Deltoid stretch:** pull your arm across your body
 - **Triceps stretch:** pull your elbow above and behind your head, and hold with opposite hand
 - **Biceps stretch:** make a fist against the wall and push away (or just stretch one arm behind you at a time, as if a wall was pushing on your arm)

CORE TRAINING

**Do 2 rounds of the following at the beginning of your workout at least 3 times per week.
(But if you can do it every day, do it!)*

1. Plank x 60 seconds
2. Side plank dips x 20 reps each side
3. Lying leg raises x 20 reps
4. Cable crunches x 20 reps
5. Cable twists x 15 reps each side

21-DAY WORKOUT PLAN



DAY 1 Chest + Biceps	DAY 2 Back + Triceps	DAY 3 Active Rest	DAY 4 Legs	DAY 5 Shoulders	DAY 6 HIIT	DAY 7 Active Rest
DAY 8 Chest + Biceps	DAY 9 Back + Triceps	DAY 10 Active Rest	DAY 11 Legs	DAY 12 Shoulders	DAY 13 HIIT	DAY 14 Active Rest
DAY 15 Chest + Biceps	DAY 16 Back + Triceps	DAY 17 Active Rest	DAY 18 Legs	DAY 19 Shoulders	DAY 20 HIIT	DAY 21 Active Rest

CHEST & BICEPS



FLAT DUMBBELL PRESS

3 SETS x 8-12 REPS | DROP SET 60% ON LAST SET

INCLINE DUMBBELL PRESS

3 SETS x 8-12 REPS | DROP SET 60% ON LAST SET

SUPERSET: DECLINE BARBELL PRESS + INCLINE DUMBBELL FLYES

3 SETS x 8-12 REPS | DROP SET 60% ON LAST SET



WIDE-GRIP DIPS

3 SETS x 8-12 REPS | DROP SET 60% ON LAST SET

CABLE CROSSOVER FLYES

6 SETS x 12-15 REPS

WIDE-GRIP BARBELL CURLS

3 SETS x 8-12 REPS | DROP SET 60% ON LAST SET

DUMBBELL HAMMER CURLS

3 SETS x 8-12 REPS | DROP SET 60% ON LAST SET

WHAT IS A SUPERSET?

When you do two exercises that hit different muscle groups back-to-back with little to no rest between them.

AND A DROPSET?

It's where you perform an exercise and then drop (reduce) the weight and continue for more reps until you reach failure.

TIP: For safety, it's best to have a spotter to help you lift the barbell off the rack.

BACK & TRICEPS



PULL-UPS

3 SETS x 8-12 REPS

SEATED CABLE ROW

3 SETS x 8-12 REPS | DROP SET 60% ON LAST SET

SUPERSET: CLOSE-GRIP PULLDOWNS + FACE PULLS

3 SETS x 8-12 REPS | DROP SET 60% ON LAST SET

WIDE-GRIP BACK ROWS

3 SETS x 8-12 REPS | DROP SET 60% ON LAST SET



SUPERSET: ONE-ARM DUMBBELL ROWS + DUMBBELL PULLOVERS

6 SETS x 8-12 REPS | DROP SET 60% ON LAST SET

SKULL CRUSHERS

3 SETS x 8-12 REPS | DROP SET 60% ON LAST SET

ROPE EXTENSIONS

3 SETS x 8-12 REPS | DROP SET 60% ON LAST SET

LEGS



SUPERSET: LEG EXTENSIONS + LYING LEG CURLS

3 SETS x 8-12 REPS | DROP SET 60% ON LAST SET

SQUATS

3 SETS x 8-12 REPS | DROP SET 60% ON LAST SET

LEG PRESS

3 SETS x 8-12 REPS | DROP SET 60% ON LAST SET



WALKING DUMBBELL LUNGES

3 SETS x 8-12 REPS | DROP SET 60% ON LAST SET

CALF RAISES

3 SETS x 8-12 REPS | DROP SET 60% ON LAST SET

SHOULDERS



STANDING BARBELL PRESS

3 SETS x 8-12 REPS

SEATED DUMBBELL PRESS

3 SETS x 8-12 REPS | DROP SET 60% ON LAST SET



SUPERSET: LATERAL DUMBBELL RAISES + FRONT DUMBBELL RAISES

3 SETS x 8-12 REPS

SUPERSET: BARBELL UPRIGHT ROWS + REVERSE PEC DECK FLYES

6 SETS x 12-15 REPS | DROP SET 60% ON LAST SET

HIIT



CIRCUIT 1

- LADDER WORK x 2 LAPS EACH
 1. HIGH KNEES
 2. IN/IN/OUT/OUT
 3. ICKEY SHUFFLE (2 FEET IN A SQUARE, 1 FOOT TO THE OUTSIDE)
- BOX JUMPS x 20
- MOUNTAIN CLIMBERS x 100

CIRCUIT 2

- TRX ROWS x 20
- DUMBBELL SNATCHES x 15 EACH ARM
- BULGARIAN BAG SPINS x 20 SPINS EACH DIRECTION



CIRCUIT 3

- STEP UPS x 20 EACH LEG
- KETTLE BELL SWINGS x 30
- JUMP SPLIT SQUATS x 20

**PERFORM EACH
CIRCUIT 3 TIMES**

YOUR PATH TO “SHRED” SUCCESS

DO: EAT CLEAN

Have you heard that “abs are made in the kitchen”? So are the other muscles in your body, especially if you want them to be seen. Keep your blood sugar stable by eating every 2.5-3 hours during the day. This will also keep you from binging later in the day, or before bed, when you should actually stop eating. Protein sources like grilled chicken, fish, and turkey are ideal, while processed foods and lunch meats can bloat you. And carbs aren’t the enemy, but you need to choose them wisely. Reach for root vegetables like carrots and sweet potatoes, and grains like quinoa or oats, rather than bread, rice, or cereal.

Don’t go “Fat Free,” especially if it says so on the label. “Fat free,” “low fat,” and “0%” are code words for sugar-filled. And processed sugar is a major “NO” while shredding.

DO: SET OUT A PLAN

Writing out your workout or printing out a guide beforehand means you won’t waste time figuring out what to do while you’re at the gym. The more you have planned beforehand, the more time you’ll save at the gym, and the more focused you’ll be.

Don’t focus on everyone else. It’s easy to get distracted and compare yourself to others at the gym. But remember, everyone has their own path and their own goals.

DO: STAY HYDRATED

With water. If you have been getting really sweaty, opting for coconut water is your next best bet, or try a recovery drink.

Don’t go for sugar-filled “electrolyte” drinks like Gatorade or Powerade. You already know that added sugar is unhealthy.

DO: SLEEP

Sleep is your body’s time to repair, grow, and rejuvenate. Without adequate sleep (think 7-9 hours each night), you risk injury, and not having the energy to perform optimally at your next session.

Don’t hit snooze each morning. You put yourself back into your sleep cycle and confuse your body, making you more lethargic during the day. If you’re hitting snooze, just face facts and set your alarm for the latest time you have right now.

MEAL PLAN

	Day 1	Day 2	Day 3
Breakfast	<ul style="list-style-type: none"> 1 cup oatmeal ½ cup blueberries 1 ½ cup egg whites 	<ul style="list-style-type: none"> 3 spinach egg bites ½ avocado 	<ul style="list-style-type: none"> Mocha protein smoothie
Lunch	<ul style="list-style-type: none"> 1 cup cooked brown rice 1 cup broccoli or asparagus 4 oz lean protein (chicken breast or turkey) 	<ul style="list-style-type: none"> 1 medium-sized baked potato 1 cup lightly steamed kale (top with 1 tsp. dijon mustard) 1 ground turkey burger 	<ul style="list-style-type: none"> ½ cup cooked quinoa 4 beef meatballs ½ cup lightly steamed carrots (sliced ½cm thick)
Dinner	<ul style="list-style-type: none"> 1 cup lightly steamed broccoli or asparagus 4 oz extra-lean ground beef 	<ul style="list-style-type: none"> 1 piece wild-caught sockeye salmon 2 cups garden salad 	<ul style="list-style-type: none"> Taco salad
Snacks	<ul style="list-style-type: none"> 1 cup plain greek yogurt ½ cup raspberries 	<ul style="list-style-type: none"> 1 apple (sliced) 2 tbsp. almond butter 	<ul style="list-style-type: none"> ½ avocado with 1 tbsp. hummus
Post-Workout	<ul style="list-style-type: none"> Protein shake (2 scoops Dotfit Whey Smooth, 1 banana, 2 cups water) 	<ul style="list-style-type: none"> Protein shake (2 scoops Dotfit Whey Smooth, 1 banana, 2 cups water) 	<ul style="list-style-type: none"> Protein shake (2 scoops Dotfit Whey Smooth, 1 banana, 2 cups water)

SUPPLEMENT PLAN

- Dotfit Active MV - 2 tabs with breakfast
- Dotfit Super Omega - 1 softgel with every meal
- Dotfit Antioxidant - 1 capsule with breakfast
- Dotfit Amino Boost - 1 scoop during workout
- Dotfit Whey Smooth - 2 scoops post workout
- Biosteel High-Performance Drink - 1 scoop twice per day (morning and afternoon)

RECIPES

EGG BITES (MAKES 12 CUPS)

- 12 whole eggs (free-range, organic)
- 2 cups shredded spinach
- 2 cloves minced garlic
- 1 tsp. coconut oil
- Optional: mushrooms, roasted pepper, tomato, chopped asparagus, chopped broccoli, onion

Directions:

1. Grease muffin tin with coconut oil and turn oven on at 350 degrees
2. Scramble eggs
3. Mix in spinach and garlic (and any other vegetables you'd like)
4. Pour mixture evenly in muffin tin
5. Bake for 20-25 minutes



TURKEY BURGERS (MAKES 4-6 BURGERS)

- 1 lb free range ground turkey
- ½ red onion, chopped OR 1 tsp. onion powder
- 1 clove garlic OR 1 tsp. garlic powder
- 1 tsp. Paprika
- ½ tsp. salt
- ½ tsp. pepper
- 1 red pepper, finely diced
- 1 cup spinach, shredded

Directions:

1. Turn BBQ on medium-high, or oven to 350 degrees.
2. Mix all ingredients in a large bowl. Using your hands, form into burger patties.
3. Cook burgers 5-6 minutes each side.



RECIPES (CONT'D)

MOCHA PROTEIN SMOOTHIE

- 1 scoop chocolate protein powder
- 1 banana
- 1 cup cold coffee
- 1 tsp. cinnamon
- 1 cup spinach

GARDEN SALAD

- 1 cup raw spinach
- 1 shredded carrot
- ¼ shredded zucchini
- 2 strawberries, sliced
- 1 tbsp goat's cheese

SALAD DRESSING

Mustard Vinaigrette

- 2 tbsp. dijon mustard
- 1 tbsp. apple cider vinegar
- 1 tbsp. olive oil
- 2 tbsp. water

Creamy Balsamic

- 2 tbsp Greek yogurt
- 1 tsp. balsamic vinegar
- 1 tsp. water



RECIPES (CONT'D)

TACO SALAD

- ½ cup lean ground beef
- ½ tsp. cumin
- ½ tsp. paprika
- ½ tsp. garlic powder
- Pinch of salt
- ½ tsp. coconut oil
- ¼ red onion, diced
- 1/4 head iceberg lettuce, shredded
- ¼ cup frozen corn (lightly cooked)
- ¼ cup Greek yogurt
- ½ lemon
- 5 cherry tomatoes, halved
- ¼ avocado
- 1 tbsp. salsa

Directions:

1. Melt coconut oil in a frying pan with diced red onion. Cook until translucent.
2. Add in lean ground meat, cumin, paprika, salt, and garlic powder, and cook until lightly brown.
3. In a separate bowl, mix lettuce, cooked corn, cherry tomatoes, avocado.
4. Mix Greek yogurt and lemon.
5. Place ground meat on top, with salsa and Greek yogurt mixture.
6. Optional: Add ¼ cup sharp cheddar cheese.



GLOSSARY - CHEST & BICEPS

FLAT DUMBBELL PRESS

- Lie down flat on the bench, and keep your feet FLAT on the floor. Use a medium-wide grip, keeping your elbows directly under your wrists.
- Lower the bar slowly, in control, to your chest line then press up in a straight-line.

INCLINE DUMBBELL PRESS

- Lie back on an incline bench, and use your thighs to push the dumbbells up one at a time and hold them at shoulder width. Make sure the palms of your hands are facing away from you.
- Breathe out and push the dumbbells up with your chest. Lock your arms at the top, hold, and slowly lower.

SUPERSET: DECLINE BARBELL PRESS + INCLINE DUMBBELL FLYES

- **Decline press:** You will need a Hammer Strength machine. Secure your legs at the end of the decline bench and slowly lay back.
- Using a medium grip width, lift the bar and hold it straight over you with arms locked. Breathe in as you lower the bar to your chest, pause, and breathe out as you push the bar up using your chest muscles.
- **Incline dumbbell flyes:** Lie on an incline bench set to an angle of no more than 30 degrees.
- Extend your arms above you with a slight bend at the elbows. Rotate the wrists so that the palms of your hands are facing you (pinkies next to each other). Breathe in as you slowly lower your arms to the side (palms facing the ceiling), and exhale as you bring them back to the starting position. No motion should happen at the elbow joint.

WIDE-GRIP DIPS

- You will need parallel bars for this. Hold your body at arms length (arms locked) above the bars. While breathing in, slowly lower yourself with torso leaning forward around 30 degrees, elbows flared out slightly, until you feel a slight stretch in the chest. Once you do, use your chest to bring your body back to the starting position as you breathe out.

CABLE CROSSOVER FLYES

- Place the pulleys at a high position and choose your resistance. Hold the pulleys in each hand. Step just in front of the pulleys with your arms in front of you, with a small forward bend from your torso. This is your starting point.
- Keeping a small bend in your elbows, extend your arms straight, in a wide arc, out to either side until you feel a stretch in your chest. Remember to keep you torso stationary, and the movement should only come from the shoulders.
- Return to your starting position with your arms in front. Hold, and repeat.

WIDE-GRIP BARBELL CURLS

- Standing upright, hold a barbell at the outer handle with your palms facing forward. This is your starting point.
- Keeping your elbows close to your torso, curl the bar up and forward. Continue until the bar is at shoulder level. Squeeze and hold, then return to your starting position.

DUMBBELL HAMMER CURLS

- Standing upright, hold one dumbbell in each hand at arm's length down by your sides, with your palms facing your body. This is your starting point.
- Keeping your upper arms stationary, curl the weight forward and up until the dumbbells are shoulder level. Squeeze and hold, then return to your starting position.

GLOSSARY - BACK & TRICEPS

PULL UPS

- Grab the pull-up bar with your palms facing forward. With both arms extended, bring your torso back slightly, sticking your chest out. This is your starting position.
- Pull your torso up until the bar touches your upper chest, contracting your back muscles.
- Pause, and slowly lower your body back down to the starting position.
- **Tip:** If you are new to this exercise, use the pull-up assist machines available, as they'll provide additional support and reduce injury.

SEATED CABLE ROW

- Sit on the machine, placing your feet on the front platform or crossbar. Keep your knees slightly bent, and lean over to grab the handles.
- Pull back until your torso is at a 90-degree angle to your legs, with a slight arch in your back.
- With your arms close to your sides, pull the handles back toward your torso. Squeeze your back muscles and hold, then slowly go back to your original position.

SUPERSET: CLOSE-GRIP PULLDOWNS + FACE PULLS

- **Close-grip pulldowns:** Sit on a pull-down machine with a v-bar (attach one if it's not already there).
- Bring your torso back slightly, sticking your chest out. This is your starting position. Pull the bar down until it touches your upper chest. Draw your shoulders and upper arms down and back.
- Stay for a moment, contracted, in the position, and slowly raise the bar back to starting.
- **Face pulls:** Standing in front of the cable machine, use a rope or dual attached handles. Adjust the cable height to around head height.
- Pull the rope up and toward your face, separating your hands to either side of your head, and your arms parallel to the ground.

WIDE-GRIP BACK ROWS

- On the Hammer Strength machine, sit with your chest against the backrest. Holding the outside bar with your palms facing inward.
- Keeping your elbows close to your body, pull the weight toward you with both arms. Contract your back muscles and hold. Release and return to starting position.

SUPERSET: ONE-ARM DUMBBELL ROW + DUMBBELL PULLOVERS

- **One-arm dumbbell row:** Find a flat bench and place dumbbells on either side. Bring your right knee and shin to rest on the bench, and bend forward. Your upper body should be parallel to the floor. Place your right hand on the bench for support.
- Pick up your dumbbell with your left hand, keeping your back and arm straight. Pull the dumbbell straight up, keeping your elbow tucked in and your arm close to your body.
- Lower back down to your starting position.
- **Dumbbell pullovers:** Place a dumbbell on a flat bench. Lie with your shoulders on the bench, perpendicular to it (making a "T" shape). Your head and the rest of your body should be off the bench.
- Grasp the dumbbell with both hands and hold it straight over your chest. Lower the dumbbell behind your head until you feel a light stretch in your chest. Bring the dumbbell back up the same way. Hold, and repeat.

SKULL CRUSHERS

- Holding a bar with a close grip and palms facing outward, lift it straight up with your elbows in.
- Keeping your upper arms still, lower the bar toward your forehead, pausing when it is directly above it. Lift the bar back to the starting position.

ROPE EXTENSIONS

- Using a rope attachment on the cable machine, hooked to the high pulley, grab the ends with your palms facing each other.
- Standing with your torso straight, and slightly forward, hold your upper arms close to your body, and down to the floor. Your forearms should be parallel to the floor, holding the rope.
- Pull the rope down with each side of the rope to the outside of your thighs. Only your forearms should move. Hold for a moment in the contracted position. Release to your starting point.

GLOSSARY - LEGS

SUPERSET: LEG EXTENSIONS + LYING LEG CURLS

- Choose your weight and sit on the machine with your legs under the pad, your feet pointing forward, and your legs forming a 90-degree angle. This is your starting point.
- Extend your legs, keeping the rest of your body stationary. Lower back to your starting position.

SQUATS

- You can use dumbbells, a barbell, or a kettlebell.
- Stand with your feet shoulder width apart. If you are using a barbell, place the barbell either across your shoulders or across your collarbone area. If using dumbbells or kettlebells, hold on to either side of your outer legs.
- Sit back with your hips and continue to your full depth. Quickly reverse and push up, driving your hips forward.

LEG PRESS

- Sit down on the leg press machine with your legs on the platform in front of you at about shoulder-width apart. Release the safety bars and press the platform up until your legs are fully extended. This is your starting point.
- Bend your knees and lower the platform to make a 90-degree angle. Push back up using the heels of your feet. Repeat.
- **Tip:** Put the locks back in place so the platform doesn't fall on you!

WALKING DUMBBELL LUNGES

- Standing upright, hold two dumbbells in your hands, by your sides. Take a step forward with your right leg, about 2 feet in front of your left. Lower your body down while keeping your torso upright. Do not let your front knee go past your toes.
- Using your right leg, stand up, and step forward with your left. Repeat the movement.

CALF RAISES

- You can do these on a standing or seated calf machine, or on the leg press.
- The balls of your feet should be secured with your heels extending off the block, or press. Keep a slight bend in your knees.
- Raise your heels by extending your ankles as high as possible and flexing your calf. Hold and slowly lower your heels as you bend the ankles until calves are stretched.

GLOSSARY - SHOULDERS

STANDING BARBELL PRESS

- Place the barbell about chest-high on a squat rack, and add your weights. Grab the barbell with your palms facing forward, and grip wider than shoulder width apart.
- Slightly bend your knees and place the barbell on your collarbone. Step back with your feet shoulder width apart. This is your starting position.
- Lift the bar over your head by locking your arms. Exhale as you do this. Lower back down as you inhale.

SEATED DUMBBELL PRESS

- Sitting on a military press bench, place the dumbbells upright on top of your thighs.
- Bring the dumbbells, one by one, to shoulder height at each side with your palms facing forward.
- Exhale and push the dumbbells up until they touch above you. Pause and come back down to your starting position.

SUPERSET: LATERAL DUMBBELL RAISES + FRONT DUMBBELL RAISES

- Hold one dumbbell in each hand, with the palms of your hands facing your thighs.
- Lift the dumbbells out to the side (laterally), with a slight bend in the elbow until your arms are slightly above parallel to the floor. Lower back down.
- Lift the dumbbells in front with a slight bend in your elbow. Pause when your arms are parallel to the floor. Lower back down.

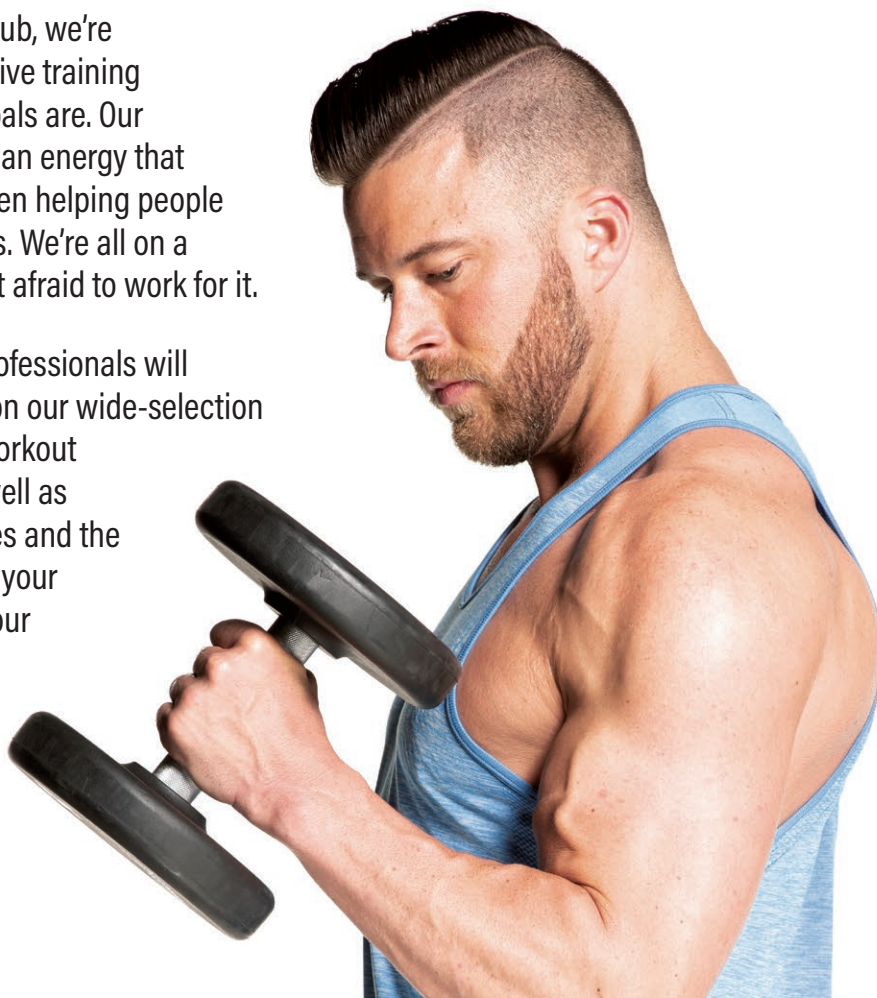
SUPERSET: BARBELL UPRIGHT ROWS + REVERSE PEC DECK FLYES

- **Barbell upright rows:** Hold the barbell just less than shoulder width apart, resting the bar on top of your thighs.
- Lift the bar, raising your elbows up and out to the sides. Keep the bar close to your body until it comes just below your chin.
- Lower down.
- **Reverse pec deck flyes:** Sit on the pec deck fly machine with your stomach against the pad, and grasp the handles with your upper arms parallel to the floor.
- Push the handles back, while squeezing your shoulder blades. Hold, and release, bringing your arms back in front of you.
- Alternatively, you can use the cable machine to repeat the same motion.

ABOUT STEVE NASH FITNESS WORLD & SPORTS CLUB

At Steve Nash Fitness World & Sports Club, we're dedicated to developing the most effective training programs just for you, whatever your goals are. Our community of members and staff share an energy that inspires the potential in us all. We've been helping people live a healthier life over the last 50 years. We're all on a mission to achieve results and we're not afraid to work for it.

Our supportive team of highly skilled professionals will provide you with the latest knowledge on our wide-selection of innovative fitness classes, focused workout programs, the benefits of nutrition, as well as progressive personal training techniques and the most advanced equipment to maximize your experience. We know life gets busy, so our convenient locations and hours have been established to support your commitment to fitness success.



SIGN UP FOR A FREE
**PERSONAL
TRAINING**
SESSION TODAY



**STEVE NASH
FITNESS WORLD
& SPORTS CLUB**

BOOK NOW

**SNCLUBS.COM/TRAINING/
FREE-GOAL-ASSESSMENT**