



MJOLNIR™

A New and Unique Way to Develop:

FUNCTIONAL CORE STRENGTH

EXPLOSIVE POWER

CARDIO ENDURANCE

Join us and learn all about MJOLNIR™ during the first ever MJOLNIR™ seminar!

WHAT is MJOLNIR™ ?

A total body performance workout that only uses *one* piece of equipment to build endurance, develop power, tone muscle and burn fat: ***a sledgehammer.***

WHO is MJOLNIR™ for?

Male and Female Martial Artists, Athletes and dedicated Couch Potatoes who want to get into shape.

WHEN and WHERE is this seminar?

Saturday May 10th 12:30pm - 2pm

The Martial Arts and Fitness Center

400 E. King St., Malvern PA 19355

Phone (610) 640-9232

<http://www.mafcenter.com>

HOW much does this cost?

This seminar costs exactly 1.5 hours of your precious sweat.

Bring your body, comfy light workout clothing, water and a good attitude.

SPOTS ARE LIMITED AND RESERVATIONS ARE REQUIRED.

**PLEASE CALL (610) 640-9232 TO RESERVE YOUR SPOT
IN THIS CUTTING EDGE FITNESS SEMINAR TODAY!**