



Cardio Kickboxing®. What is it???

It is not karate.

It is not Traditional Aerobic Dance with Kicks, Punches & Grapevines thrown in.

It is not Tae Bo, or Karate and Aerobics Choreographed to Music.

It is not Fitness Kickboxing on a Step Bench, Trampoline, Swimming Pool or Yoga Mat.

It is fitness based on sport specific conditioning & coaching science.

It is the top fat-burning workout at an average of 1000 calories per hour.

It is endorsed by the Intl Kickboxing Federation IKF www.ikfkickboxing.com

It is the Original Sport Specific Equipment Based High Intensity Interval Training

Mixed Martial Arts Based Workout with a Kick

CARDIO KICKBOXING®

2012 OFFICIAL INSTRUCTOR CERTIFICATION PROGRAM

WHEN?

Sunday April 29, 2012 11:00-5:00 p.m.

BY MARCUS DEVALENTINO, CKB DIRECTOR AND PRESENTER FOR

**American Fitness Professionals & Associates
Member National Board of Fitness Examiners**

WHERE?

Hickam Fitness/JBPHH

Hickam Memorial Gym

Hickam AFB, Hawaii

REQUIREMENTS: practical and written exam for a 2-years certification nationally recognized. Early

Registration \$175. Registration \$200 past April 15th.

Includes pre-mixed music CDs, workout DVDs, manual, Q&A, certificate + card, membership & job placement assistance. Logo wear & publications sold separately.

CEC's: 6 Continuing Education Credits-- you may petition for these accreditations. Please check with yours. AFPA, NASM, NATA, SFA, NFTA, AFAA, NSPA, ACA, NSCA, AEA, NDEITA

Register on line CardioKickboxing.com

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www.cardiokickboxing.com (808) 457-7164)

“In a World of Copy Cats, Why not be an Original?”