



Master your body

The “No Equipment Necessary” Complete Fitness Program

A program of Core Wellness and 3D PT, Inc.



Offered in Partnership with
UT Extension
in Your County

Gone is the need for expensive gym memberships, exercise equipment and long, boring, overly difficult “workouts.” The Master Your Body (MYB) fitness program is a fun, fast and safe strength training program for all ages. By doing 10 enjoyable, “no equipment necessary,” body weight exercises, you gain the freedom to enjoy physical activity, lose the constant fear of injury and drop some serious fat. In 15 to 30 minutes, you can get fit, fight fat and have fun. Exercise machines are only equipment – your body is the machine.

What is MYB?

An exercise program that requires no equipment and uses only your body weight for resistance, and one that is focused on helping you improve your strength, flexibility, joint health and motivation to exercise.



How is the program structured?

The program consists of 10 movements divided into five stations, including warm-up and cool-down/relaxation exercises. The 30 minute sessions meet twice a week for eight weeks. Your instructor will work with you on how to do the exercises safely and effectively. Once familiar with the exercises, you will continue to be challenged with how to increase the intensity of the exercise. With practice you will be able to complete this program at home in 15 to 30 minutes.

After the eight-week program, you can continue by participating in the MYB Reloaded Program. MYB Reloaded is the same exercises, but done in a circuit format and the goal for each exercise is to do them for a set time, rather than a number of repetitions. This program consists of 16 sessions conducted over an eight-week period.



Who Can Participate?

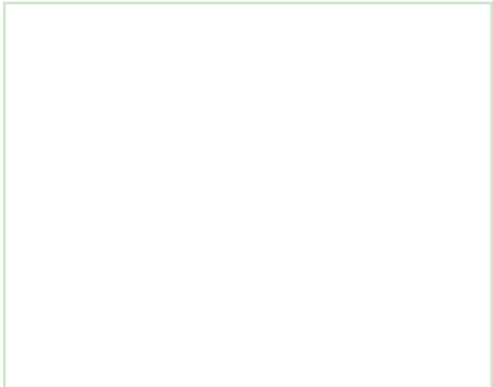
This program benefits everyone, including seniors, beginning exercisers, recreational athletes, and those recovering from injuries. Children will enjoy this program as well. MYB is for anyone who wants to improve their health. This program is not for people who cannot get down and up off the floor on their own.

Who Leads the Program?

University of Tennessee Extension educators who have successfully completed the MYB Instructor Training Program are certified to lead this program in your community.

To learn more about this program visit University of Tennessee Extension's Health and Safety Web site at <http://fcs.tennessee.edu/masteryourbody>

Where and When is the Next Program?



Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

Registration Form

last name _____

first name _____

street _____

city _____ state _____ zip _____

work telephone number _____

home telephone number _____

e-mail address (optional) _____

course name _____

dates _____ fee _____

method of payment _____

date _____ receipt no. _____

Mail to:

