



"Top pick for getting fit..." Minnesota Monthly Magazine, Best of the Cities, Oct. 2008

STRENGTH WITH CLASS™ STRENGTH WITH CLASS STRENGTH WITH CLASS STRENGTH WITH CLASS STRENGTH WITH CLASS

Dear Skiers & Athletes:

Let us amaze you with how quickly you'll feel improvement from our properly structured strength training! We offer classes **designed specifically for** the strength, endurance and performance of **Nordic Skiers!**

Strength Classes last 90 minutes one or two days per week. A typical class is a full body workout with extra emphasis on legs, gluteus, shoulders, triceps and abdominals. You'll feel the difference in your day-to-day life, but most importantly when you ski. We will improve your overall form, control, breathing, range of motion and balance. *Testimonials are included below!*



501FIT Founder and Fitness Director, **Phil Martens**, is the inventor and designer of the patented G-Werx® Gym. He is an ACE (American Council on Exercise) Certified Trainer with a Bachelors and Doctorate Degree from the University of Minnesota.

Phil started training with weights at the age of 12, was a successful athlete and coach, and is currently writing a book on fitness and well-being. Through his passion for helping others he has improved the lives of countless people from all walks of life including competitive performance athletes like you.

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501FIT Trainer, **Seth Wohnsen**, is an NASM certified trainer and is pursuing a degree in Nutrition. Seth has worked under the tutelage of Phil Martens for approximately 12 months to achieve his G-Werx Group Certified Instructor status at 501FIT. Seth is committed to providing clients with technically sound training that will improve their lives and performance. Seth's specialty beyond G-Werx Training Classes is working with children and adults with degenerative disorders such as MS.

Phil Martens and Seth Wohnsen regularly collaborate on workout programs and exchange information on how to make our clients faster, stronger, and healthier to give a wide perspective and to keep our unique programs interesting and effective.

G-Werx Group Strength Class Benefits for Skiers

- ✓ Total body conditioning
- ✓ Explosive shoulder strength, power and endurance
- ✓ Broad spectrum leg strength
- ✓ Overall balance and abdominal core stability
- ✓ Body fat reduction
- ✓ Mind-body connection and mental readiness-focus
- ✓ Proper nutrition and supplementation

SKIER TESTIMONIALS

Jack Cheesebro – St. Louis Park "I started at 501FIT 5 weeks ago and already notice an improvement in my skiing. I am honestly surprised how much better I can power my way up hills and my overall endurance seems improved. I recommend these strength training classes to all skiers."

Tom Lynch – Plymouth "I've been working out at 501FIT since November 2008. I truly am enjoying this program and believe it will be a significant factor in my skiing success. Phil is a great coach and motivator and I really enjoy working with him. I am excited and optimistic about my skiing this season."

Bob Woodruff – Moundview "I've really enjoyed participating in the strength classes two days a week for 90 minutes in the mornings at G-Werx during the last year. My double-poling and uphill V1 have improved due to increased core, upper-body and leg strength. Also, my balance is better. The workout sessions are more intense than I would have imagined. I used to dread general strength training, but the workouts are fun, and the time passes quickly."

Jack S - White Bear Lake "At the age of 11, I started to attend a strength class 3 days a week at G-Werx Group Fitness (now 501FIT) with my mom, dad and sister. I was overweight and unhappy. With the workout program I healthfully lost 30 pounds and gained a new and improved attitude towards life. Now, years later I happily compete as a high school cross-country skier, 1st on my team. I highly recommend the program to anyone of any age."

'Mr. P,' Tom Peterson – Maplewood "The 2008 Birkie was my fastest time in 19 years (3:02). I started in wave 3 & felt stronger & quicker on the hills & throughout the entire race. I give the credit to training one day a week for 90 minutes at 501FIT. Next year I look forward to starting in wave 2 (it's been 10 years). Only a slight improvement from last year and I'll qualify for wave 1! I definitely recommend the training to anyone who wants to improve their time."

Tina Lund – St. Paul "I've been competing in rowing and Nordic skiing on the masters level for 15-20 years. I've noticed a natural decrease in strength with aging and decided to work with 501FIT to see if I could reverse the process. It is helping!! I feel stronger, more aware of how to use my body and am stronger when I ski, run and row. The trainers here have an ability to work with a wide range of individuals - those who haven't always been active and want to lose weight and those who want to get stronger and faster in their sport. Training in the classes is fun; I always leave in a better mood and less stressed."

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We have locker rooms, showers, cardio equipment, free weights/machines, and awesome skyline views and provide clean towels free of charge. With a basic membership you can come to use our facility during regular business hours as often as you like. We have a colorful palate and edgy attitude at our club that sets us apart.

COME CHECK US OUT! YOU'LL LOVE IT!

Phil Martens

Founder & Fitness Director

phil@501fit.com

612.767.4416

STRENGTH WITH CLASS™ STRENGTH WITH CLASS

501FIT

501 S Washington Ave, 3rd Floor, Minneapolis, MN 55415

\$25 OFF ANY "1" SERVICE SERVICES INCLUDE: group strength training personal training nutritional consultations fitness assessments <small>TERMS: coupon must be presented, one coupon per person, valid for new customers, EXPIRES 2/1/09</small>	"1" FREE GROUP STRENGTH CLASS BEGINNER TO ADVANCED LEVELS <small>TERMS: no further obligation required, coupon must be presented, one coupon per person, EXPIRES 2/1/09</small>
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