



SPECIALTY
— FITNESS —

STRONG FOR LIFE AFTER 40

STRENGTH THAT MATTERS.

Functional Training for Adults 40+

Real results. For the way you live.

At Specialty Fitness, we help you build strength, improve mobility, and stay independent—so you can do the things you love, for life.



DAVID DICKSON

FUNCTIONAL 40+ SPECIALIST
SPECIALIZING IN FUNCTIONAL FITNESS
FOR PEOPLE OVER 40
ONE-ON-ONE COACHING

STRONGER FOR WHAT MATTERS MOST. BUILT FOR LIFE AFTER 40.



Move Better

Improve mobility, balance, and flexibility.



Prevent Injuries

Build strength that supports your joints and lifestyle.



Maintain Independence

Stay active and confident in everyday life.



Live with Confidence

More energy. Better health. Stronger you.

FUNCTIONAL TRAINING THAT WORKS



KETTLEBELLS



EXERCISE
BANDS



LANDMINE
TRAINING



BODY
WEIGHT



ISOMETRIC
HOLDS

SAFE. EFFECTIVE. PERSONALIZED.

Work one-on-one with a trainer who understands your goals and your body. Every session is tailored to help you perform better, feel better, and live better—strong for life.

STRONGER. FITTER. FOR LIFE.



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SCHEDULE YOUR FREE CONSULTATION TODAY!

Take the first step toward
your strongest years.