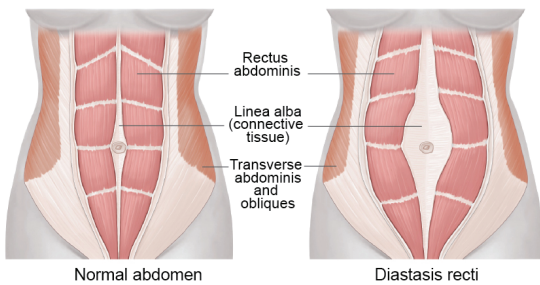


WOMEN - LOSE YOUR TUMMY MEN - SAY GOODBYE TO YOUR GUT



**SATURDAY MAY 15TH FROM 9-11:45AM
& FRIDAY, MAY 28TH FROM 5:30-7:30PM
AT STARVED ROCK CROSSFIT - PERU**

**SRCF MEMBERS - \$135
NON-MEMBERS \$145**

Email info@starvedrockcrossfit.com to reserve your spot or
text 815-393-1169 to reserve your spot today!

ABOUT THE WORKSHOP

- THE WORKSHOP IS 4.5 HOURS OF INSTRUCTION BROKEN UP INTO 2 SESSIONS
- LEARN WHAT A DIASTASIS IS AND HOW IT CREATES THE "TUMMY" OR "GUT"
- YOU WILL BE GIVEN A STRATEGY TO MEET INDIVIDUAL ABDOMINAL NEEDS, BASED ON YOUR DIASTASIS
- CHECK-INS, UPDATES AND MOTIVATION FROM YOUR INSTRUCTOR
- UNLIMITED ACCESS TO YOUR INSTRUCTOR VIA EMAIL, PHONE OR TEXT

Learn how to bring these muscles back together & tone abdominals and glute muscles!

Women - Whether you had a baby 3 days or 30 years ago, learn how to get your pre-pregnancy midsection back. During pregnancy your stomach muscles split, which is called a diastasis. These split muscles DO NOT come back together on their own.

Men - Notice a protrusion in the belly that wasn't there before? A diastasis is what causes the non-flat, slightly protruding, not quite right look or a thicker waistline.

LEARN ABOUT THE INSTRUCTOR



Bonnie Wayne is a N.A.S.M. certified Behavior Fitness BFS, Women's Fitness & Prenatal/ postnatal WFS, and Holistic HFS specializing CPT. One of only two licensed Tupler Technique providers in the entire Midwest region. Bonnie has been teaching and practicing the Tupler Technique for 14 years to help women, men and children strengthen and repair their diastasis, reverse hernias, fix belly button issues and restore their midsection. She and her husband live in Yorkville with their 6 children.

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www.StarvedRockCrossFit.com**

**Starved Rock
CrossFit**
BUILDING A FIT COMMUNITY

WORKSHOP SIZE IS LIMITED - ADVANCED RESERVATION IS REQUIRED