

## Rates

Private and Semi-Private Training is available in-studio for the rates as listed below. On-site training is also available with rates varying depending on distance traveled. Email Sean at SeanKFlanagan@gmail.com for more information.

Initial Training Session: Includes Movement Screening, Exercise Instruction, and Program Design – 1 ½ – 2 hours	\$80
Individual exercise instruction sessions – 1 hour	\$45
Semi-private training (2–3 people) for 1 hour	\$25 per person
5 Sessions pre-paid	\$200 (\$40 per session)
10 Sessions pre-paid	\$300 (\$30 per session)

## Contact Information

Sean is also available for Classes, Clinics, and Workshops in various aspects of Circular Strength Training®, email SeanKFlanagan@gmail.com to schedule an event at your venue.

[www.CSTNewEngland.com](http://www.CSTNewEngland.com)

CSTNewEngland



# Circular Strength Training®

An Exciting Alternative  
to the dead end of  
Linear Strength Training

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## Overview of Circular Strength Training®

Circular Strength Training® (CST) is a system created by RMAX Founder Scott Sonnon to enhance joint mobility, movement sophistication, and three dimensional strength.

Circular Strength Training® is comprised of three wings:

1. Intu-Flow™ — moderate, sustainable exercise for pain-free health and longevity,
2. Prasara™ Body-Flow™ Yoga, and
3. Clubbell® resistance training.

These three wings work synergistically to integrate the breathing, movement, and structure of the CST Athlete.

## Intu-Flow™

Intu-Flow™ is a practice of incrementally sophisticating joint mobility exercises to increase range of motion and release patterns of excess tension. Through Intu-Flow's comprehensiveness, your body is provided with the tools to enable you to recover when movement deviates from the expected. The joint mobility developed through Intu-Flow™ practice is a must-have in order to achieve truly functional muscular flexibility.

Intu-Flow™ is the best thing to happen to fitness since nutrition.

## Prasara™ BodyFlow™

"The Perfect Link between yoga and flow" — is a synergistic physical practice which at first glance can appear to incorporate aspects of yoga, martial arts, acrobatics, break-dance & gymnastics.

## Clubbell® Training

Three dimensional resistance training that acts as an extension of your body to provide your structure with the ability to absorb and retranslate force through all possible directions of movement.

The Clubbells displaced center of gravity makes it unique in its ability to provide resistance through every angle of movement, including movements otherwise impossible to train with resistance.

## What are the benefits of Circular Strength Training?

- Increased real-world flexibility
- Injury prevention
- Lean-body mass gains
- Fat loss
- Sport specific conditioning
- Increased Coordination
- Enhanced ability to be calm under pressure
- The ability to look at a highly complex physical skill and say, "Hey...I bet I can do that!"



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