

# Certified Personal Fitness Trainers

---

## Set Your Own Goals - Go At Your Own Pace!



Virtually all fitness programs today, whether conducted in a club or performed at home don't really have you in mind. They are structured to go at a set pace and offer no clear end result. Challenge Your Limits Fitness low impact programs allow YOU to decide how hard to work and how long to take to achieve the goals that are important to you. Each phase of the program is set up to keep you stable whether you have a past back injury, are battling a weight problem, or simply have not exercised in a long time. We want you to achieve the goals you set without feeling the need to compete against others or keep up with the instructor. And, we want you to do this without having to keep pace with a fast, complicated program. Or, having to deal with excess pain and discomfort due to working too hard too fast.

---

## Toning + Cardio = Lost Inches & Pounds



Our low impact programs are designed to give you a total toning and strength workout and a great cardiovascular workout at the same time. We spend extra time getting you warmed up and then go through a series of exercises designed to work major muscle groups without undue stress. The natural flow of all programs will strengthen and tone your legs, back, and butt while trimming inches off your waist and firming up your abdominals and chest. The end result will be inches and pounds lost over a timeframe that YOU define - not us. The net effect is fitness, not frustration.

---

## A Program Designed To Prevent Injury While Getting You In Great Shape

1. Allows you to go at a pace you feel comfortable with
2. Keeps your body stable at all times
3. Strengthens your back
4. Excellent for improving your cardiovascular conditioning
5. Special attention to your abs
6. Trims inches off your waist
7. Tightens your thighs and butt
8. Strengthens and lifts your upper body
9. Tones your upper arms
10. Keeps your neck strong and flexible

**Our warm-up, stretching, and exercise programs are designed to support people who may experience some types of back problems**

---

---

# Go At Your Own Pace!

1. Basic program about 35 minutes
2. Set individual goals prior to starting
3. Long warm-up and stretching to ensure you are ready to go
4. Exercises are selected to keep your body stable and prevent injury
5. Gradually build up your strength and endurance
6. Advanced Classes available

**111 Rio Flor  
El Paso, TX 79912  
Tel (915) 309-0319**

**Challenge Your Limits Fitness  
111 Rio Flor  
El Paso, TX 79912**

---

**Challenge  
Your Limits  
Fitness®**



**“Go At Your Own Pace”  
Set Your Own Goals!**

---