



CPAT PREP



This 4 week session is designed to help individuals better prepare for the C.P.A.T test. This will be done by utilizing,

- Spitfire Sled Training
- Weight Vests with Stair Climb
- Battling Ropes
- Moving and Lifting Techniques
- Other Functional Training Modalities

Sessions starts Saturday **March 1st** @ 12:30pm

There will be a **20 min orientation** before the first session

BE PREPARED FOR YOUR FUTURE TODAY

Early sign up before February 22nd \$80

After February 22nd \$100

Go to www.scottstrainingsystems.com

Questions? Call **480.220.1874** Scott Keppel

click on the tab Get Started to sign up Today

This session will fill up fast so sign up early

