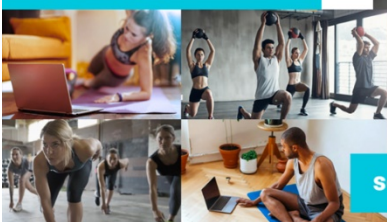


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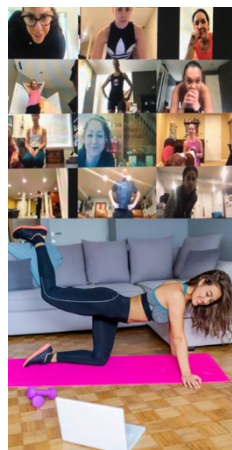
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- FOAM ROLLING
- FUNCTIONAL FLEXIBILITY
- FUNCTIONAL PILATES
- GROUP EXERCISE
- GROUP FITNESS DIRECTOR/STUDIO OWNER
- GROUP STEP
- GROUP STRENGTH
- HIIT
- KETTLEBELL
- KIDS IN MOTION
- LIFESTYLE & BEHAVIORAL COACHING
- MEDITATION
- MIND BODY FUSION
- MOMS IN MOTION
- NUTRITION, HORMONES & METABOLISM
- PERFORMANCE STABILITY TRAINING
- PERSONAL TRAINING
- PILATES MATWORK
- PILATES SMALL APPARATUS
- SMALL GROUP TRAINING
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- TAI CHI
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- WEIGHT MANAGEMENT
- YOGA I & II

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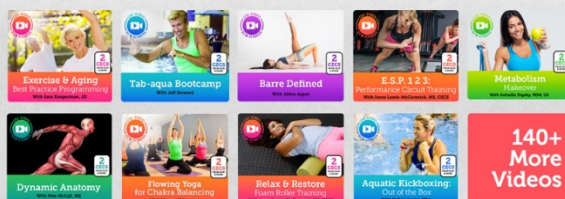
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Deliver 3 workouts in 1 with VIIT

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**ACHIEVE MORE IN LESS TIME WITH  
VARIABLE-INTENSITY INTERVAL  
TRAINING  
(VIIT)**

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**VIIT**

A FORM OF EXERCISE IN WHICH YOU ROTATE BETWEEN HIGH-INTENSITY INTERVAL TRAINING (HIIT) WITH MEDIUM-INTENSITY (STRENGTH) AND LOW-INTENSITY (MIND/BODY) RECOVERY PERIODS FOR A SHORTER, MORE EFFICIENT WORKOUT

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**THREE WORKOUTS IN ONE IN  
LESS TIME:**

***MINDBODY  
AGILITY & STRENGTH  
HIIT***

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**VIIT**

- Enables all populations to participate in the same workout and receive benefits. VIIT uses both aerobic (Type 1) and anaerobic (Type 2) muscle fibers.
- The body's tolerance threshold increases allowing it to exercise at higher levels improving speed, joint mobility, strength, flexibility, balance, endurance and total fitness in general.
- VIIT stimulates the nervous, cardiovascular and respiratory systems far more significantly than other types of training.
- VIIT increases aerobic capacity (VO2 max) by spiking the heart rate closer to it's maximum limit enabling the body to work at higher levels resulting in harder, more efficient and effective exercise.

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## MASHUP®

FUN | QUICK | TOTAL FITNESS

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## FUN

- All of your friends can do it with you!  
(3 level options)
- Exciting new workouts every class  
-1000's of different work out combinations  
- Rotate between 3 class formats  
(*Sprint, Tempo, Endurance*)
- New motivating music added every month

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## QUICK

- 3 workouts in 1 class
- Choose: 15, 30, or 45-minute workout
- HIIT w/ active recovery periods
- No time wasted: Variable-Intensity Interval Training (VIIT)

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## TOTAL FITNESS

- Exercise all modalities in every workout:  
Mind/Body, Agility & Strength, and HIIT
- Full-body functional training every time
- Holistic coaching in each class
- Match Your Fitness Needs:  
Modified for success and sustainability

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## NEVER EXPERIENCE

- Identical workouts
- Surprises
- Intimidation
- Scheduling Road Blocks

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## Join the MASHUP® Hype

- Teach a Class Everyone Loves  
(*Yogis, Novices, Weight lifters, Endurance Athletes, Active-aging, HIIT fanatics, etc.*)
- No one is left behind
- Everyone can join the team at their own pace and experience their fitness passion safely and effectively.

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## CONVENIENT

- Unchoreographed
- 3 Pre-designed visual templates
- No timing

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## CERTIFICATION

- .7ACE/1.1AFAA CECs/1.1 NASM
- 3 cued playlists
- Manual with sample workouts and over several hundred exercise ideas
- 3 whiteboard templates to use
- Website marketing and support
- Certified coach Facebook group
- Coach Connect App w/ full library of video demos, playlists and sample workouts (\$12.50/mo. or \$90/year-save \$5/mo.)
- MASHUP® APP Partner Rewards as a Coach Connect member (\$8/referral)
- Live \$219, Virtual \$199

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## Resources

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READY TO SWEAT?

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