

LITTLE RIVER TRAIL RUN ONLINE STRENGTH & SKILLS PROGRAM



- ✓ Train your body for optimal trail run performance
- ✓ Online video workouts and skill development for home or gym
- ✓ Weekly workouts to prepare for the Little River Trail Runs on January 13, 2018
- ✓ Improve your trail running prowess -- whether this is your 1st or 100th trail race!

**Balanced
Movement**

personal training
online learning
classes

8 WEEKLY WORKOUTS
Nov 18 - Jan 13

BALANCED-MOVEMENT.COM/ONLINE