

iSIM @ HOME

With only 20 minutes a day, you can achieve:

- Increased Flexibility
- Improved Balance & Mobility
- Increased Overall Strength

Who utilizes iSIM

- Athletes preparing for their sport or activity
- Weekend warriors before they hit the golf course or courts
- Anyone who wants to have a body in balance

Includes:

- DVD with description of components of training and presentation of four iSIM workouts
- Tube for IGNITE exercises



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RECOVERY & REJUVENATION

iSIM @ HOME



iNHiBIT

STRETCH

IGNITE

MOBiLIZE



Rediscovering the healthier body in you