

Kinetic Edge

Monthly Training Programs

Personal Training

Intensive

****Application Required**
For those serious and committed to achieving 'rock-star' RESULTS. Provides ULTIMATE accountability. For the best results, 3-6 month commitments are encouraged. One-on-one and one-on-two training programs available. (3 sessions per week)

Basic

****Application Required**
Slightly scaled back from the intensive. For those seeking lifestyle-altering guidance, but accountable to train on own one-two times per week. For the best results, 3-6 month commitments are encouraged. One-on-one and one-on-two training programs available. (2 sessions per week)



What is Z?

Z (Z-Edge) is a movement system that will teach you to learn or re-learn movement series that were natural to you as a child. If you do not look and feel the way you want to...it is because you ARE NOT moving the way you are designed to move. It is not just you...virtually no one from the average desk jockey to the professional athlete moves as they were designed to move. Age has NOTHING to do with movement. Movement has everything to do with movement.

Z is a system that will teach you to move the way you were designed to move. Z is the fastest, most effective way to restore, re-educate and rehabilitate your body, one movement at a time.

We believe that when you finally move as you are designed to move 1) you will look better 2) you will feel better 3) you will perform better 4) you will avoid more injuries.

This system is known to less than 60 trainers in the world. Now brought to YOU in Minnesota exclusively by Kinetic Edge Performance.

Monthly Training Programs...Continued

Z Edge Pain Relief

You are only given one body. To what extreme would you be willing to go in order to be completely PAIN FREE? Z Edge Pain Relief reveals cutting edge neuro-biomechanical drills that are specific to YOU and systematically implemented into YOUR daily routine to get pain-free, prevent further pain, and decrease the likelihood of severe injuries. Z Edge Pain Relief is for anyone who has any kind of joint/muscle pain even if the initial injury was years ago. The drills are so simple that ANYONE will be able to implement them into a daily routine (no more than 10 minutes per day).

Just the Painful Facts:

- 1) If you have a pain problem, you have a movement problem.
- 2) Your movement problem is almost certainly NOT where you are hurting.
- 3) To permanently eliminate pain, you MUST fix your movement problem.
- 4) Because your specific movement problem can literally be anywhere, you need a specific, body-wide approach to finding and fixing it fast.

Only Z-Edge Pain Relief can do this!

Are you ready to be 100% PAIN FREE?

*Used in combination with either the Intensive or Basic training programs or as a stand-alone system.

Z Edge Physique Transformation

An extension of the Z Edge Pain Relief system. When you are in any kind of pain (engaging 'survival' mode) you will retain unwanted bodyfat. Once you re-wire your nervous system to proper motion... the pain disappears and your body allows itself to regenerate and begin to shed annoying fat. **How can you ever expect to change your body if you never change what you do with your body?** Unfortunately most peoples' approach to change is to do more of the same. Break the yo-yo fat loss cycle!

Are you ready to see 'ROCK-STAR RESULTS'?

*Used in combination with either the Intensive or Basic training programs.

Z Edge Performance

As an athlete, you have heard the mantra 'Bigger, Faster, Stronger.' Whether you want one, two or all three of them, traditional training DOES NOT address what you REALLY need. Injuries and untapped potential are merely signs that a significant piece of the puzzle is missing in YOUR training world, something that keeps you from finally reaching your genetic potential! The missing piece? **In one word...mobility.** Z Edge Performance will take your athletic ability and physical prowess to an entirely different level!

Are you ready to be called 'A NATURAL'?

*Used in combination with either the Intensive or Basic training programs.