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An open letter to GOW participants by CHRIS MANNING*

*Chris Manning, GOW Program Developer - Personal Trainer, Ironman Triathlete, Lifestyle Coach, Nutrition and Wellness Specialist.

Can I Really Do This? **YES you can!!**

<http://youtu.be/edaX5WjQCGo> (Introduction Video)

First and foremost, it's important to remember that this is a fundraising event! Participate...do your best...and most importantly...have FUN!

Everything you need to train and prepare yourself for the race is all right here. All you need is your willing body and mind and a commitment to improving your physical conditioning!

I specifically designed the **GOW 8 Week Program** to be as accessible and as easy as possible using as little equipment as possible. Depending on your current level of fitness, you have the opportunity to choose between a *Beginner Program* and the *Advanced Program* – both carefully created to whip your body into GOW shape!

About the Training Programs – You have **TWO** options...

Option One – TRAIN YOURSELF

Like any high quality training program, it is designed with all of the challenges specific to what you will experience on event day. The training programs are there to give you some general guidance – feel free to individualize the training for yourself using some of the ideas outlined in the programs. That being said, there are exercises within the programs (*Hanging Around, Pull downs, Pull-ups, Machine Assist Pull-ups, Raman Chair Knee Tucks*) which, if you do not have access to the equipment, feel free to skip and continue on with all the other exercises. You may by-pass an exercise within the training circuits. If you have your mind set on training to try and complete each obstacle on event day, you should make a concerted effort to include **all or most** exercises outlined in the training programs.

Option Two – TRAIN WITH CHRIS

Another option is to participate and train in the **GOW 8 Week Group Training** with me, **CHRIS**. From the start of this GOW training, I will work closely with each participant making sure to modify the training for those just starting out and “kick it up a notch” for those who are ready for more! My **8 Week Group Training** will have race day elements built in such as *Pull-ups – Hanging Around – Hanging Knee Tucks – Combat Crawls – Interval Running – Running/Climbing Hills - Balance Exercises and more*. **Program starts Saturday, May 12th and runs every Saturday for 8 weeks from 9 – 10am. Cost to join is \$99 or \$20/session drop-in fee (based on availability). Only 15 spots available – Sign Up TODAY!** Visit www.rlfw.ca for location details. Come out and be part of a team that works together to help and encourage one another.

➡ Watch the Introduction Video: <http://youtu.be/edaX5WjQCGo>

By following the programs I designed especially for GOW, it is estimated that it will take a participant at a **beginner level approximately 40 - 55 minutes** and the **advanced level participant approximately 20 - 30 minutes** to cross the finish line. Come out, have fun, while challenging yourself to do the best that you can do and be the best that you can be!

Be sure to visit my www.rlfw.ca for more information about Chris Manning, GOW 8 Week Group Training and/or to download the **FREE GOW Do-It-Yourself Training Programs**



Canadian Cancer Society
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