



WARRIOR STRENGTH

SIMPLE & SERIOUSLY STICKY

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SATURDAY, JULY 19 2:30-4:20 #661

AGENDA:

INTRODUCTION TO WARRIOR STRENGTH

MASTER CLASS

THE FUN IN FUNCTIONAL TRAINING

Q&A

**WARRIOR
INSTRUCTOR
ACADEMY**



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NOTES:

CREATE "TOUCH POINTS"

FOSTER A COMMUNITY

PREPARE AND BRING PERSONALITY PLUS

BE PREDICTABLE & UNPREDICTABLE

USE DISASSOCIATION AND ASSOCIATION

DELIVER "DISNEY" EXPERIENCE

MOVE FOR LONGEVITY

DISRUPT ADAPTATION RESPONSE

BE A SAFE PLACE TO LAND

