



Make the Most of Your Time

You don't need to spend hours of time in the gym to get fit. You don't even need a gym!

RussFit will customize a fitness program around your busy schedule, and around your home equipment or current gym's equipment.

Only have 30 minutes, 4 times per week? That's not a problem, if an experienced professional is designing your program for you.

Just want to work out at home? RussFit can design a program for that, too. With a minimal investment in stretchy bands, dumbbells, and making use of other items found in your house already, your body won't even miss the fancy equipment at the gym.

Already a gym member? Let us build a workout program to make use of the equipment there! Russ Craber, CSCS has relationships with the Asotin County Family Aquatic Center and Anytime Fitness, and can work with you on-site. If you're a member of another gym, he can build you a program that you can use there.

The most important thing is that you DON'T waste your time. Having a customized program will get you fit faster.

Russ helped me build muscle where I needed it, and not where it would slow me down. Last year I got 1st in Downhill, and I'll probably repeat this year! --Chris B.

"Holy Crap!! My trainer kicked my butt today, from 4,000 miles away even!! --Patty O.



We can also customize a fitness program for time-crunch situations:

Weddings

Reunions

Sporting Events

Military Entrance

Fitness Boot Camps



509.433.RUSS | www.RussFit.com



Personal Training

Fat Loss Programs

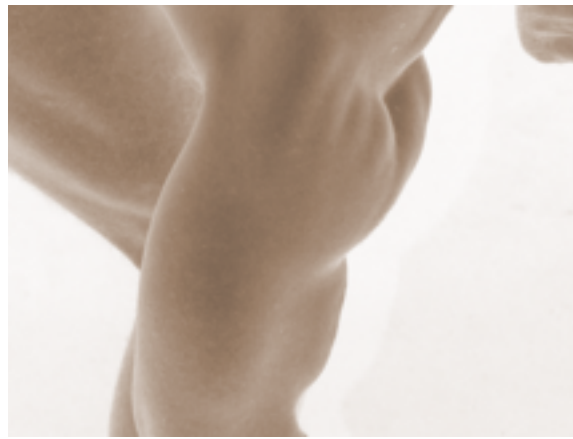
Customized Fitness Programming

Customized Sports Programming

Workplace Lectures

Diet Outlines

Boot Camps



RUSSFIT.COM | 509.433.RUSS

Personal Training Studio

The nice thing about a personal training studio is that nobody's around watching you exercise. It's just you and your trainer, sweating & getting fit faster. You're accountable, you have one-on-one time with an experienced, qualified strength coach, and the appointment is fast and fun.

At the **RussFit** studio, you can expect a **30-minute high-intensity** workout that you wouldn't do on your own, with exercises you normally don't do, and with an intensity you can't make yourself perform.

Once a week, twice a week, or a few times per month--we have programs that can fit most budgets, and you'll leave actually looking forward to your next visit.

To spread out the cost and increase accountability, **train with one or two friends!** RussFit has prices for 1:1, 1:2, and small group sessions.

Check **RussFit.com** for pricing, and keep up with **facebook.com/RussFit** for the most current information, including free weekend fitness homework assignments.

Pricing Schedule 2011		
Program	Price	Notes
1-on-1 Training	\$50 or \$225/5-pack	Training with Russ @ the Studio
1-on-2 Training	\$80 or \$357/5-pack	@ the Studio.
Do-It-Yourself Fit Program	\$75	3-month plan tailored to your schedule
Diet Outline	\$75	Interview, Plan Design, Explanation, Shopping List
Fast-Track Plan	\$150/month	2 training sessions per month + evolving fitness plan
Virtual Trainer	\$100/month	Emails & texts 5x/wk with exercise Rx & diet tips

Russ Craber, MBA, CSCS

Russ Craber is a Certified Strength & Conditioning Specialist--it's the top certification in the fitness world. He's been a trainer since 1997, and has worked in corporate wellness for companies such as Potlatch Corporation and Boeing.

Having Type 1 Diabetes played a part in driving Russ into fitness, and he refuses to do or assign any exercises that he doesn't enjoy himself.

If you're at risk for diabetes, chat with Russ about a plan to reduce your risk factors!

