

Workout With Today's "Weapon Of Mass Reduction"...



Train with *Fitness Coach Rick Karboviak*,
At the Finley Community Wellness Center!



Ask Coach Rick how the Kettlebell is today's new
"Weapon of Mass Reduction"

- Helps Reduce Body Fat Faster!
- Helps Reduce Overall Training Time!
- Helps Everyone Move Quicker & More Agile!

You know you want the answers...so call Coach Rick today!

Call Coach Rick: **701-361-3101**

Email: Rick@ASAPWorkouts.com