



# PHIGHT BACK!



## SELF-DEFENSE WORKOUT

Fitness Resources is excited to announce a **NEW SELF-DEFENSE workout called PHIGHT BACK!**

**JOIN US** for a free introduction class July 23rd at 10:00 am & 11:00 am. Reserve Your Spot TODAY!

### What is the **PHIGHT BACK!**?

It's an energetic fusion of practical self-defense techniques, utilizing a variety of music to control the tempo of aggression.

[www.phightback.com](http://www.phightback.com)

### Who's it for?

The workout is for anyone who refuses to be a victim! The class is open to anyone of any size or shape. Whether you are someone that wants to supplement their workout routine or want to learn practical self-defense techniques, this will be a great workout for you!

### What is the workout?

The self-defense techniques will consist of Tae Kwon Do/ Muay Thai Kicks, American/Muay Thai Boxing, Silat/Kali knife, stick and self-defense techniques. *(Training knives are rubber and sticks have foam padding.)*

You will learn the proper technique for elbows, jabs, overhands, hooks, knees, kicks (front, round-house, side, back). All of which will be done with a partner and individual shadow boxing.

You will also be striking focus pads, air shields as well as light contact to your partner. *(This is not a full contact MMA workout.)*

Music will be playing in the background to control the tempo of aggression and create a great cardio exercise. You can hear the PHIGHT BACK! playlist on Spotify. Just follow tfrank-1.

### Who's teaching the workout?

Tim Frank will be teaching the class. He has a black belt in Tae Kwon Do, and has studied a variety of combative styles under Guru Jeff Brown in Dayton, Ohio.

### What next?

Join us by checking it out for yourself. Reserve a spot, please email to:

[mayesm@fitness-resources.com](mailto:mayesm@fitness-resources.com)

**Call Us at: 614-286-7883**

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For **PHIGHT BACK!** Self-Defense Workout information  
[www.fitness-resources.com](http://www.fitness-resources.com)