

# BENDER METHOD™ EVENTS IN NORTH AMERICA

For a current listing of training events in your area, VISIT  
In CANADA: [www.fmgonline.ca](http://www.fmgonline.ca) or [www.benderball.ca](http://www.benderball.ca)  
In US: [www.bendertraining.com](http://www.bendertraining.com)

If you are interested in hosting an event at your facility, EMAIL  
In CANADA: [info@fmgonline.ca](mailto:info@fmgonline.ca)  
In US: [dana@bendertraining.com](mailto:dana@bendertraining.com)

Registration Fees	BENDER BALL	
	NOT INCLUDED	INCLUDED
EFFECTIVE AUGUST 1, 2009		
<b>2.5 HOUR MODULE <i>New!</i></b>		
Earlybird Registration <i>2 WEEKS PRIOR TO COURSE START DATE</i>	\$45	\$55
Regular Registration <i>WITHIN 2 WEEKS OF COURSE START DATE</i>	\$50	\$60
On Site Registration	\$60	\$70
<i>HOST FACILITY STAFF PRICE \$10 OFF</i>		
<b>4 HOUR MODULES</b>		
Earlybird Registration <i>2 WEEKS PRIOR TO COURSE START DATE</i>	\$89	\$99
Regular Registration <i>WITHIN 2 WEEKS OF COURSE START DATE</i>	\$99	\$109
On Site Registration	\$125	\$135
<i>HOST FACILITY STAFF PRICE \$20 OFF</i>		
<b>8 HOUR MODULES</b>		
Earlybird Registration <i>2 WEEKS PRIOR TO COURSE START DATE</i>	\$149	\$159
Regular Registration <i>WITHIN 2 WEEKS OF COURSE START DATE</i>	\$159	\$169
On Site Registration	\$175	\$185
<i>HOST FACILITY STAFF PRICE \$30 OFF</i>		

#### PLEASE NOTE

- Prices are identical in both Canada and the US and are in respective currencies
- Prices do not include provincial, state or federal taxes
- We CANNOT guarantee On Site Registration
- All events require the use of the BENDER BALL
- Participants can either receive the (reduced rate) Bender Ball with their registration fee OR you must provide your own ball
- Gliding Discs and Tubing will be supplied for use in the Total Body Conditioning Module
- Students are required to bring their own yoga mat for all workshops

#### CANCELLATION POLICY

- ALL cancellations must be received in writing (email, fax or letter) 7 days prior to the event. Your registration fee will be refunded less a \$30 administration fee.
- Cancellations received within 7 days of event will receive a credit towards a future Bender Method Training event, less the \$30 administration fee.
- NO refunds will be given for cancellations received within 7 days.
- NO refunds or credits will be issued for no-shows.

**REGISTER EARLY!**

Registration is based on a first come, first serve basis



**Give Your Members Something NEW!**

A Safe Approach to  
**CORE TRAINING**

*A Functionally Safe Method Creates Core Training  
that is Effective for All Your Members!*

IN ADDITION

It helps members become stronger to do other forms of classes and activities  
The program can be offered as group or personal training  
Students love it because they feel and see results  
It can be incorporated into other classes such as indoor cycling/core

#### Full Range of Motion



FOR FURTHER INFORMATION OR TO REGISTER, CONTACT



Fitness Marketing Group Inc  
208, 11442 - 168 Street  
Edmonton AB T5M 3T9  
TOLL FREE 1 888 290 3488  
LOCAL 780 496 7410  
FAX 780 484 7248  
EMAIL [info@fmgonline.ca](mailto:info@fmgonline.ca)  
[www.fmgonline.ca](http://www.fmgonline.ca)  
[www.benderball.ca](http://www.benderball.ca)



Bender Training Systems  
200, 460 California Ave  
Reno NV 89509  
TOLL FREE 1 866 805 5089  
FAX 775 324 4845  
EMAIL [dana@bendertraining.com](mailto:dana@bendertraining.com)  
[www.bendertraining.com](http://www.bendertraining.com)



# BENDER METHOD™ TRAINING SERIES

**Leslee Bender**

International Fitness Instructor  
Creator of the Bender Method™



*Leslee's method of Selective Stabilization™ cranks  
up the intensity & targets the muscles from all sides  
Upper Core • Obliques • Lower Abs • Upper Back • Lower Back*

# The Bender Method™ of TRAINING



[www.fmgonline.ca](http://www.fmgonline.ca)  
[www.benderball.ca](http://www.benderball.ca)



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

# BENDER METHOD™ TRAINING SERIES

The **Bender Method of Training** is a great program developed and founded by Leslee Bender, international presenter and Master Trainer. Over the last 8 years Leslee has devoted herself to researching and creating an effective approach to traditional core training, utilizing the Bender Ball™. The program is unique in that it starts with the fundamentals and teaches you to become a critical thinking instructor. Each exercise has been analyzed and designed to be functionally safe for today's general population. The Bender Method has been documented and recorded with the Journal of Applied Research.

## **BENDER METHOD – FOUNDATION™** 4 Hours

This module is the basis for all Bender Method Trainings which is why we recommend taking Foundation prior to other modules. In this course you will learn the theory of Bender Training to achieve maximum muscle activation and posture restoration. We will then explore and apply the theory in an interactive format using Bender Training exercises. Walk away with member approved, research based, cutting edge core training exercises designed to enhance clients' lives. This module is designed for all group fitness instructors, personal trainers and speciality instructors wanting to give their participants and clients so much more.

## **BENDER METHOD – GETTING TO THE CORE OF IT™** 2.5 Hours

Take part in the Bender Ball Revolution! Learn selective core stabilization exercises that will challenge students of all levels. Learn the 10 key steps to building and implementing a successful Bender Method program for members. We will showcase a variety of exercises from each of our 5 modules which will introduce you to the many ways to incorporate the Bender Ball into your group ex, personal training, and mind-body classes. Get acquainted with some of our key principles inspired from our full and comprehensive 4 hour Bender Method Modules.

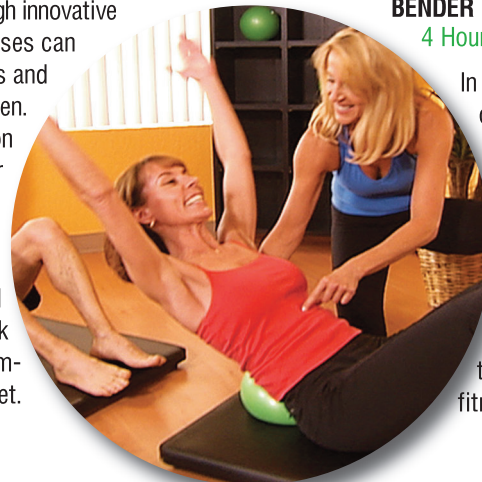


## **BENDER METHOD – PILATES™** 4 Hours

This module utilizes current research and the Bender Ball to give mind-body instructors and personal trainers a safe, progressive approach to traditional pilates exercises. Using the Bender Method of training you will be able to take a more critical thinking approach to discover what is best for the general public in group and individual formats. Best of all you will have a renewed dedication once your participants communicate their benefits of improved joint stability, injury prevention, improved performance and quality of life while attending your classes. Join us for this new props pilates training and let the "Earthquake" inspire you and your participants.

## **BENDER METHOD – SELECTIVE STABILIZATION™** 4 Hours

Allow us to teach you Selective Stabilization Exercises that will entertain your students' minds and bodies while allowing you to emerge as a critical thinking fitness professional. This course will get to the root of selective core training including alignment, stabilization and mobility of the powerhouse through innovative tips and resources. These exercises can be adapted to challenge all levels and formats while being results-driven. You will start their transformation while leaving them begging for more. This course is designed for group exercise instructors and personal trainers looking to create greater benefits and excitement for those they work with, while differentiating themselves in this competitive market.



## **BENDER METHOD – STRONG HEALTHY BACK™** 4 Hours

Low back pain is one of the most common ailments in today's society. With the increase of low back complaints, ranging from acute to chronic, fitness professionals are striving for safe options for their participants. The Journal of Applied Research has recognized the Bender Method – Strong Healthy Back as one of the most effective ways of creating stronger postural muscles thus reducing the risk for injury today. In this module we will be providing you with the Bender Training theory to detect postural problems, muscle imbalances and incorrect muscle activation. You will then learn Bender Ball exercises that address these issues and move your clients closer to wellness.

Included in this module is the Bender Training Chair exercises which are perfect for group, individual and corporate programs. This module is recommended for group instructors, personal trainers, corporate directors and senior specialists.

## **BENDER METHOD – TOTAL BODY CONDITIONING™** 4 Hours

In this module you will learn the latest applications of Bender Method utilizing the Bender Ball in conjunction with other props such as tubing and Gliding Discs. This module will show you the versatility of the Bender Ball in exciting group and one to one formats. After attending this course you will have the potential to WOW your participants and clients, keeping them coming back time and time again. Take this step and invest in becoming a value added fitness professional who will be in great demand.

