




BARBELL MATRIX™

Range of Pre-choreographed Group Fitness Routines

Barbell Matrix is a fun but serious, full body resistance training workout using specialized barbells and other resistance equipment.



Barbell Matrix is the class that builds muscle, burns fat and promotes all round physical fitness. It is a combination of weight training, matwork and cardio inspired by driving music and grit. A "Dance with a Barbell", this is extreme calorie burning. All major muscle groups are targeted safely and effectively. There is no better way.

Classes cater for all levels of participant. *Barbell Matrix* will rapidly improve your muscle shape, tone and endurance. You set the intensity. The more weight you carry, the stronger you get. And stamina and endurance are thrown in for free.

Dare to
Perform

www.csprofessionalfitness.com

CS PROFESSIONAL FITNESS

34-3, 3RD FLOOR, JALAN 27/70A, DESA SRI HARTAMAS, 50480 KUALA LUMPUR, MALAYSIA.

TEL (603) 2300 1574 FAX (603) 2300 1572