

Reasons to Have Your Own
ROCK HARD™
Personal Trainer

- Strengthen muscles
- Build muscle
- Lose weight & body fat
- Enhance your current workout
- Overcome workout plateaus
- Maximize workout time
- Gain cardiovascular benefits
- Increase metabolism
- Improve functional fitness
- Increase bone density
- Tone muscles
- Improve balance & coordination
- Improve flexibility
- Maintain healthy blood sugar levels
- Prevent injury
- Learn exercise theory
- Experience new exercises
- Feel good about yourself

Personal Training
with **ROCK HARD**™ is for:

- Men of all ages
- Men of all fitness levels
- Men inexperienced with strength training
- Men who want to take their workout to the next level
- Men with special needs
- Men with health concerns
- Men with weight issues
- Men who want to take better care of themselves



409 Fitness™
Personal Training & Group
Conditioning

1701 Concord Pike
(at the corner of Route 202 & Murphy Rd)
Wilmington, DE 19803

Email

409FitnessPT@gmail.com

Website

www.409Fitness.com

Facebook

www.facebook.com/409Fitness.Gym

ROCK HARD
Enterprise, LLC

Jeff, Owner and Proprietor
certified and insured

(302) 354-7011

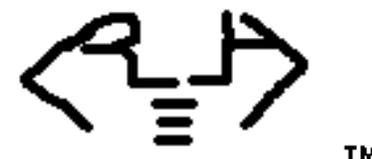
**You Will
Get Results!**™

**PERSONAL TRAINING
FOR MEN**

Presented By

ROCK HARD
Enterprise, LLC

You Will Get Results!™



Locations For
ROCK HARD™
Personal Training

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Men & Personal Training

Men who engage in strength training will improve muscle mass, bone density, daily living skills, balance, and will feel good. Studies on strength-training have indicated that men who begin regular strength training will begin achieving these results immediately.

Twice-a-week strength training is an effective intervention for preventing an increase in body fat as well as help reduce abdominal fat. In addition, burning calories increases dramatically with strength training.

Men who strength train will increase lean muscle mass and overall body strength.

Strength training can leave a person feeling energized and looking better, which has a positive effect on many aspects of life.

Strength training is a secret to a long life because of its ability to reduce stress on joints, improve heart function, and improve balance, posture, and self-efficacy. Studies show that with strength training, blood flow increases, thereby increasing metabolism and strength.

Maintaining and/or increasing muscle mass is one of the greatest controls men have over the aging process.

Personal Training Through **ROCK HARD**™ Is

Challenging
Effective
Exciting
Individualized
Enjoyable
Powerful

What Can I Expect From **ROCK HARD**™ Personal Training?

Results
A better physique
Stronger muscles
Improved fitness
A healthier body
More self-confidence

“After one month of personal training with Jeff at 409 Fitness™, my golf game has improved which was one of my goals to achieve. I can drive the ball noticeably farther than I had been, and after walking 18 holes, I am not as winded or tired and am ready to play more holes,”
Dave M. (age 55).

Your health is an investment
not an expense™

Call Today
(302) 354-7011

ROCK HARD™ Personal Training Packages

Black & Orange Package
12 sessions 30 minutes each
\$300

ROCK HARD™ Package
12 sessions 45 minutes each
\$375

One More™ Package
12 sessions 60 minutes each
\$450

For Personal Training Between the Hours
of 9:00pm & 4:59am
Add \$75.00 to Each Package

Gift Certificates Available

Call today:

(302) 354-7011

ROCK HARD Enterprise, LLC
Mission Statement: Strength training
through
Rock Hard Enterprise & 409 Fitness™:

You Will Get Results!™

Established 2010