



Last year 22 women gathered for the first of an annual tradition: *Strength and Beauty Unite*.

This year we are back again, only bigger and better: Four coaches, four workouts, two panel discussions, and all of your strength, physique and nutrition questions answered.

Frances Manias, Physique Coach invites you to participate in '*Strength and Beauty Unite 2*'

A two day workshop challenging you to build your best physique!

Saturday April 18th and Saturday May 2nd, 9:30 to 1:30 pm

The Physique Studio, 162 Old Ancaster Road, Dundas

Rain or shine we are on!

Limited spots are available:

12 'training/seminar' spots; and 8 'seminar only' spots.

Cost for both Training and Seminar: \$79.00/session

Register for both training/seminar sessions: \$129.00 for both days

Want to attend but not participate in the training sessions?

Cost for Seminar Spot only: \$59.00/session

Register for both seminar sessions: \$109.00 for both days

April 18th Itinerary

Open your heart, mind and spirit and build your best physique: Renee's opening meditation

Giant Set Leg Training: *Experience a leg training session that will push you beyond your limits – Frances and Krista*

Upper Body Kettle Bell and Sandbag Training: *Implement review and upper body training session – Susan*

Cycling vs Steady Calorie Nutrition Plans: *Techniques for achieving your best physique – Frances and Krista*

Panel Discussion: Anything goes in this Q and A with Frances, Krista and Renee.

May 2nd Itinerary

Giant Set Training Re-visited: *Training the 'looker' muscles; balance and build delts, abs and calves – Frances and Krista*

Mastering your Physique: *What you need to know to compete (onstage or not), and to WIN! – Frances and Krista*

Panel Discussion: Anything goes in this Q and A with Frances, Krista and Renee.

Lower Body Sled and Tire Training: *Implement review and lower body training session – Susan*

Open your heart, mind and spirit and build your best physique: Renee's closing meditation

Register today! Email frances@physiquecoach.com to reserve your spot and send your cheque, payable to Frances Manias, to 162 Old Ancaster Road, Dundas ON, L9H 3R4.

**Frances Manias, Physique Coach invites you to participate in
'Strength and Beauty Unite 2'**

Meet the Coaches

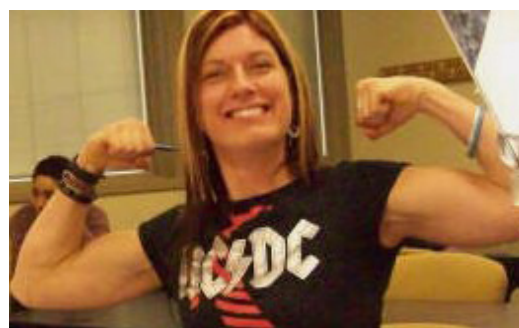


Krista Schaus, PICP, CPT

Krista's passion for everything performance-related has led her to a successful coaching career and numerous powerlifting and natural bodybuilding titles. She currently owns and operates Defining Edge Fitness and also works as a Precision Nutrition Lean Eating coach. You can learn more about her at www.definingedge.ca.

Renee Willis, MSED, BA, CPT

Educator, writer, competitive fitness model and figure athlete, owner of Strength in Body, Mind and Spirit, certified personal trainer, distance coach with Defining Edge, Precision Nutrition moderator. Renee's Bottom Line to Success – Balance; find the fun to fuel the serious!! Visit Strength in Body, Mind and Spirit at www.strengthinbodymindandspirit.blogspot.com



Susan Abbott, CPT

Susan Abbott is a Certified Personal Trainer and strength coach from Hagersville. As a Canadian Powerlifting and Strongman competitor, she is gunning to beat her 2008 personal best 297 lb deadlift and silver medal placing in the 82.5 kg Open class at the 2009 National powerlifting championships.



Frances Manias, Physique Coach, BA, B.C.Ed., CSCS, CPT

Beyond her success as one of Canada's most decorated and enduring amateur bodybuilders, Frances specializes in helping people look good and feel even better. Frances created the Strength and Beauty Unite seminar series as a forum for likeminded women to attain their best physique. Stay tuned for the launch of PhysiqueCoach.com in June.



You will be training! Expect to spend half of the seminar day sweating, grunting and giving it your all – so plan accordingly. Training will take place both indoors and out so bring appropriate gear.

Pre, Peri and Post-workout shakes will be provided. Any dietary or caloric restrictions can be accommodated. You may opt out of this, and/or feel free to bring your own supplies.

Gift bags for each participant, and lots of door prizes courtesy of our sponsor which includes: Body Sense, Manitoba Harvest, Popeye's, Hercs, American Nutrition and The Horn of Plenty.

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