



Celebrity trainer and Valslide creator, Valerie Waters, presents the

The Valslide Master Trainer Workshop



The Valslide Level 1 Master Trainer Workshop is a five-hour interactive course designed to deliver powerful training methods with the most functional and dynamic product in the industry.



Trainers and fitness enthusiasts will take away skills, techniques and programming ideas that transform their workout or upgrade their clients training experience.

You will leave the workshop with dozens of unique, new exercises and the specific circuits that I use with my celebrity clients.

In this 5 Hour Interactive Workshop, you will learn...

The Amazing 7: the seven fundamental exercises that are the foundation of hundreds of others including the Magic One.

Easy Scale Method: How to determine the optimal starting point and progressions for each exercise. Whether you're training yourself, one client or a large bootcamp, ESM makes it easy coach everyone - from beginner to athlete.

Hybrid Techniques: Learn how to combine Valslide with a number of popular fitness tools and methods including suspension trainers, dumbbells, barbells, kettlebells, bands, yoga and more.



Slide training core principles, the best abs exercises you're not doing, programming tips, tricks and techniques, and much more.

The Valslide is a wonder. You immediately feel the results after using it for the first time. It's deceptively simple and incredibly effective.

Jennifer Garner

If I could choose only one lower-body exercise to do with my clients, it would be the **Valslide Reverse Lunge**.

Michael Boyle

Strength & Conditioning Coach

\$199 if you pre-register before **May 15**

\$249 at the door

The Deets: Saturday, June 7. 12p - 5p. IRON Fitness. Santa Monica, CA.

To learn more & register, visit valsliideworkshop.com