Back to Life Chiropractic · Crash Fitness Center
4201 W Highway 146 · LaGrange, KY 40031

Leave No One to their won Devices-Challenge

The Challenge was created by circumstances and from evaluating people's frustration about their spouses, friends, and children not playing outside, working out, or doing any sports programs due to much time on their devices (smart phones, X-Boxes, Switch, gaming computer, Play Stations, computers, laptops, I pads, Chrome books and etc.).

By circumstances of not being able to use the Crash Fitness Center Circuit Training studio during really cold weather months we have to shut down for awhile. After a few of weeks of not working out people complained about not feeling well, anxiety, stress and other symptoms from the lack of exercise. So, we took our Full Body Circuit Training and made an additional non weight (kid's workout) FB circuit training workout for the home.



We added a third Full Body circuit training for kids to do at home also because of hearing so many complaints about them not going outside and playing, less sports activities, and not wanting or having the time to get to the gym or fitness class. **The great thing is all three Full Body Workouts can be done with minimum space and equipment.** Even if you workout and have a kid at home on their on device you can do the FB Circuit training with them to get them started. Please leave no one to their own devices!



How to get started with the *Leave No One To Their Own Devices-Challenge*

- Set up a time to get Trained (it takes 30 minutes to an hour to train clients. Those who have done the FB Circuit Training classes or done other fitness classes takes less time. Kids and adults who haven't had any training takes about 45 minutes to an hour plus often an additional training day).
- Pay online at Backtolifechiropracticky.com
- Get your exercise equipment and room set up at your home.
- Download the Pro Seconds App and notify us. We will send you the Full Body Circuit Training you selected.
- Listen to the Instructor of the Pro Seconds App that tells you when to switch exercises & stations.