

Personal Training

Why Functional training?

Functional training is for those who want to increase their level of physical fitness or maintain a high level of physical activity and a healthy lifestyle.

Functional training helps train your body by giving exercises that will mimic the movements of everyday life and an active lifestyle.

CBS's Style:

Bryan utilizes a system called Functional Training while addressing the unique needs of each individual by incorporating biomechanics into strength training. Biomechanics involves analysis of movement during exercise and correction of form into proper posture so as to prevent injury and increase the effectiveness of exercises. Strength, speed, stability, and power are enhanced when the body is properly aligned. Working out with this system provides you with an understanding of structural integrity that you can then apply to any sport or physical activity.

Benefits:

- Gain knowledge of proper biomechanics

- Maximize workout efficiency

- Increase athletic performance

Lose weight

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Increase your energy level

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Increase, speed, agility, strength, balance and power