

# CARDIO KICKBOXING®

## 2011 OFFICIAL INSTRUCTOR CERTIFICATION PROGRAM

### WHEN?

**Saturday November 26, 2011 11:00-5:00 p.m.**

**BY MARCUS DEVALENTINO, CKB DIRECTOR AND  
PRESENTER FOR**

**American Fitness Professionals & Associates  
Member National Board of Fitness Examiners**

### WHERE?

**Hickam Fitness/JBPHH**

**Hickam Memorial Gym**

**Hickam AFB, Hawaii**

**REQUIREMENTS: practical and written exam for a 2-  
years certification nationally recognized.**

**FEES: Only \$175 (Registrations now open).**

**Includes pre-mixed music CDs, workout DVDs,  
manual, Q&A, certificate + card, membership & job  
placement assistance. Logo wear & publications  
sold separately.**

**CEC's: 6 Continuing Education Credits-- you may  
petition for these accreditations. Please check with  
yours.**

**AFPA, NASM, NATA, SFA, NFTA, AFAA, NSPA, ACA,  
NSCA, AEA, NDEITA**

**Register on line and Pay CardioKickboxing.com**

**[marcus.devalentino@cardiokickboxing.com](mailto:marcus.devalentino@cardiokickboxing.com)  
[www.cardiokickboxing.com](http://www.cardiokickboxing.com) (808) 457-7164**

**"In a World of Copy Cats, Why not Be an Original?"**



*Cardio Kickboxing®. What is  
it???*

*It is not karate.*

*It is not Traditional Aerobic  
Dance with Kicks, Punches &  
Grapevines thrown in.*

*It is not Tae Bo, or Karate and  
Aerobics Choreographed to  
Music.*

*It is not Fitness Kickboxing on a  
Step Bench, Trampoline,  
Swimming Pool or Yoga Mat.*

*It is fitness based on sport  
specific conditioning & coaching  
science.*

*It is the top fat-burning workout  
at an average of 1000 calories  
per hour.*

*It is endorsed by the Intl  
Kickboxing Federation IKF  
[www.ikfkickboxing.com](http://www.ikfkickboxing.com)*

*It is the Original Sport Specific  
Equipment Based High Intensity  
Interval Training*

*Mixed Martial Arts Based  
Workout with a Kick*