

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

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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*

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

*Mixed Martial Arts Based
Workout with a Kick*