

The **Essentrics™** workout is based on the concept of eccentric training which strengthens the muscle as it is being elongated creating a lean toned body. **Essentrics™** is intended to make the waist thinner, the stomach flatter, the legs leaner and the butt toned, leaving the entire body more flexible and agile.



ESSEINTRICS™

DVDS available at www.essenrics.com

workout

ESSEINTRICS™ is a dynamic weight-free strengthening program based on the opposite to what our conventional view of strengthening is. The name ESSEINTRICS™ stems from the concept of eccentric muscle work, which implies that there is a load on the muscle while it is being forced to lengthen. Strength training is usually associated with concentric movements creating bulk. In order to keep our body supple, pain free and fluid in movement (all the signs of a youthful body) we should be doing exercises that pull the joints apart not squeeze them together. ESSEINTRICS™ is a strengthening program that does exactly that; it pulls the joints apart, lengthens the muscles and then challenges them in the lengthened position thereby creating muscles that become fundamentally stronger, longer and more flexible.



Essentrics™ Body Toning - The powerful Essentrics™ technique of strengthening the muscles in a lengthened position quickly transforms the body into a long, lean and toned shape. The unique flowing movements of the Essentrics™ program have been proven to simultaneously slenderize and tone the abs, waist, thighs, arms and back.

Essentrics™ Flexibility for Athletes - The purpose of this program is to stretch, strengthen and rebalance the full muscular structure leaving athletes more flexible, and agile. **Essentrics™** prepares the muscles & tendons to both withstand the maximum demands of their sport and rebound injury free from unexpected twists, turns and stresses. Essentrics™ is dynamic; stretching and strengthening the muscles in similar movements that your body needs on game day.

Who is doing Essentrics™ - *Essentrics™ is used by women who love the opportunity to tone their bodies in a different way than ever before. They love the smooth challenging movements, the continuous non-stop flow of exercises, they love how easy the program is to follow and most of all they love the results. What is different about the results is the speed in which women's bodies' change: noticeably improving their posture, and leaving their bodies looking elegant, lean and toned.*

*Amateur and professional athletes are doing **Essentrics™** as they have discovered that it reduces their sports related pain and makes them faster and more competitive. A long list of teams and athletes are presently using Essentrics including; Olympic swimmers, gymnasts, figure skaters, speed skaters, divers as well as football players and professional hockey players.*

www.ESSENTRICS.com