

STRENGTH TRAINING IN A 15-MINUTE WORKOUT! FEEL BETTER, MOVE BETTER, AND LOOK BETTER!

POE STRONG is safe for any age or fitness level. POE is a fitness revolution in safe resistance training. The science of eccentric training taxes your muscles in their strongest form which is lowering & stretching of the muscle fibers (where you are 40% stronger than concentric movement). This simply can't be done safely with weights or traditional equipment. With POE there is no need to waste time pre-fatiguing your muscle with a bunch of repetitions. 5 is all it takes.

- Easy to schedule
- No change of clothes or shower
- POE sessions are 1-on-1
- Only 5 reps of 4 different movements
- Guided and motivated by POE coaches
- A full-body workout every time.

POE is looking to hire more coaches. Call/text if you're interested.

POE
STRONG

LOOK BETTER | FEEL BETTER | MOVE BETTER

**FREE TRIAL! Call or text 224-622-9240 today!
poestrong.com | BARRINGTON**