

NICK TUMMINELLO'S
STRENGTH TRAINING FOR FAT LOSS & CONDITIONING

This DVD represents the most comprehensive collection of strength training combinations, complexes and circuits ever assembled for personal trainers and sports coaches.

Join Coach Nick Tumminello as he shows you how to use barbells, dumbbells, kettlebells, cables, bands, medicine balls, stability balls, the Landmine, the Core Bar and even bodyweight exercises to reduce body fat and improve work capacity faster than ever before.

YOU WILL DISCOVER

Over 100 new exercises

Never before seen variations for endless variety

Beginner, intermediate and advanced progressions to challenge all levels.

Highly effective strategies for implementing combinations, complexes and circuits into any program

The best way to design circuits for maximum fat loss

How to turn almost any piece of strength training equipment into an extremely effective fat loss tool.

Build superior conditioning using both common and uncommon strength training protocols.

And much more!

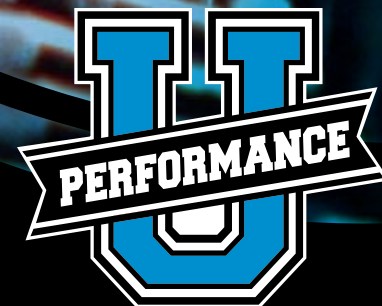


The director of Performance University, Nick Tumminello is a highly sought after expert in the field of human performance enhancement. He is the developer of the Core Bar™ and has written numerous nationally published articles and authored several best selling DVD's. Nick also serves as the performance expert for the Esquerre Fitness Group consulting with fitness clubs around the country. Nick lives in Baltimore MD where he regularly trains his elite clientele of athletes.



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**OVER 100 NEW COMBINATIONS, COMPLEXES AND CIRCUITS
FOR FASTER FAT LOSS AND SUPERIOR CONDITIONING**