



ARX PARTNER EXERCISE PROGRAM @ REGENESIS360

THE BENEFITS OF HAVING AN ARX EXERCISE PARTNER:

- ▶ Partners will keep you accountable with your schedule. It is harder to skip out on your ARX routine when someone is counting on you to be there!
- ▶ You and your workout partner can set fitness goals together that you are both more likely to achieve with each other's support.
- ▶ Having a workout partner can push you to new limits through encouragement, and healthy competition.
- ▶ When you are feeling unmotivated, they can remind you why you enrolled in our ARX program.
- ▶ Sharing your exercise routine will ultimately make it more FUN. Exercise should not make you feel isolated and of course we can all use more fun in our lives
- ▶ Sherry and Laura performing their 22-minute workouts together twice a week!
- ▶ In less than 4 months they have increased their over strength by 50% while building lean muscle, bone density and toning their bodies!



Sherry Dominguez



Laura Graham

Who is that positive person you enjoy spending time with? Ask them to join you in your ARX exercise program! If you do not have an exercise partner, **ReGenesis360** can help you with one!

Call **(805.202.2077)** today and ask about our discounted ARX partner exercise programs. Also schedule your complementary ARX demo and health assessment!