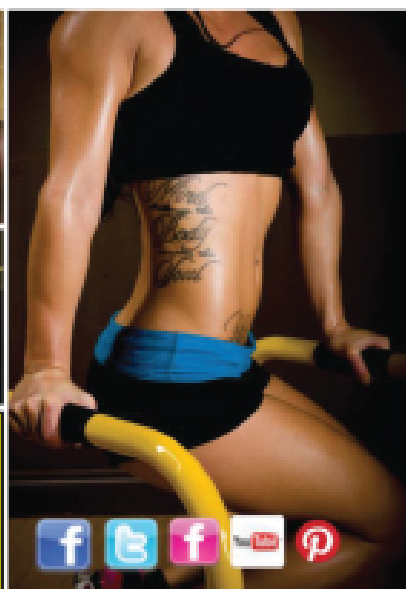


**Attitude  
Fitness**



**LEBERT**  
fitness

**Become an accredited  
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# Become a Certified Lebert Fitness Trainer

Ireland's **FIRST** Lebert Training Course will take place on the

**19th May from 10am until 2 pm at Bewleys Airport Hotel .**

A lebert training course will allow you take away innovative, fun, portable and uncomplicated ways to challenge your classes, clients and themes through endless progressions and... and get real results!

Learn functional movements, practical progressions and regressions, agility drills, athletic, club or home programmes.

You will also be introduced to rotational and multi planar applications using the lebert equaliser and buddy systems .

Lebert fitness tools are perfect for boot camps, personal trainers, teams and youth conditioning.

## Attendees will receive:

- > a lebert training manual ,
- > a certificate of attendance
- > and use of lebert branding .

The course will cost

**€149**

payable online at

[www.attitudefitness.ie](http://www.attitudefitness.ie)

**Attitude  
Fitness**

Lebert exercise videos may be viewed on the attitude fitness website.

For more details :

**Call Aidan on 0877950006** or mail to [info@attitudefitness.ie](mailto:info@attitudefitness.ie)