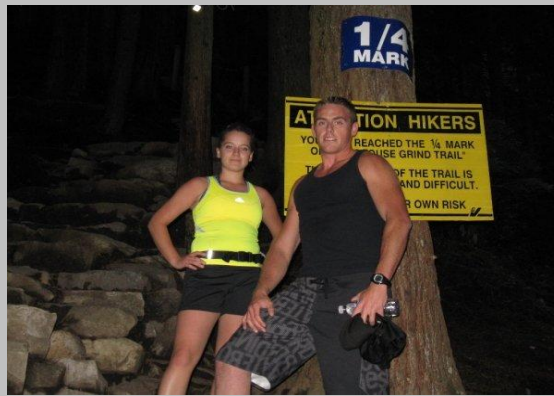


# SYNDICATE TRAINING SYSTEMS



DEDICATED TO CONQUERING  
PERSONAL GOALS AND  
DEVELOPING THE ATHLETE  
IN ALL OF US



## WHAT WE DO:

- 1-on-1 Personal Training
- 2-on-1 Small Group Training
- Group Training
- Sports Team Training
- Outdoor Program Delivery
- Athletic Conditioning Camps

We will find you the training solution that suits your need and your budget. Take the next step in your fitness. Take on the Syndicate Challenge.

Gareth Bryson

[syndicatept@syndicatetrainer.com](mailto:syndicatept@syndicatetrainer.com)

<http://www.syndicatetrainer.com>

Phone | 604-798-0100

## Why we're better

- Certified Training
- Dedicated to ongoing education
- Cutting edge equipment
- Latest Research and Exercise Science
- 360 Degree approach towards fitness

## Clients Agree

"Body fat down from 24.5 to 13.5 percent. Enough said."

-Taylor Apsouris

"Two weeks in, I'm down 14lbs and I've never felt better."

-Craig Robertson





*"Without Knowledge, Skill cannot be focused. Without Skill, Strength cannot be brought to bear and without Strength, Knowledge may not be applied."*

### *HOW WE DO*

*The principals behind athletic conditioning apply to everyone. Conventional Isolated training does have its benefits including basic movement patterning, baseline improvements in muscular strength, and small developments in kinesthetic and spatial awareness.*

*With continued athletic conditioning we can develop every facet of your body and create a powerful, reactive, and agile unit with the added aesthetic benefits everyone is looking for.*

*"I used to have horrible trouble with my lower back, now I have zero back pain and I can say I'm in the best shape of my life."*

*-Bill Houweling*



### *WHO WE ARE*

*Syndicate Training Systems is a Chilliwack, BC based company dedicated to providing a personal training experience like no other. We are unique, we are different, and at Syndicate we feel training systems and customer experience should represent that. The Syndicate experience will leave a lasting impression on your body.*