

CrossFit MONROVIA

Presents the CrossFit Amundson....



The first Goal Setting Seminar at CrossFit West Santa Cruz.

GOAL SETTING AND POSITIVE SELF-TALK SEMINAR

How to use Goal Setting and Positive Self-Talk to Forge an Indomitable Spirit and Mental Power.

The CrossFit Amundson Goal Setting and Positive Self-Talk Seminar is an educational and inspirational student focused seminar that will unleash the power of your mind. Goal setting and positive self-talk are critical skills to understand and utilize in the pursuit of elite fitness. In this hands-on seminar, you will learn how to set and achieve your goals by using progressions and cues that compliment the physical modalities of CrossFit. The seminar instills a deeper appreciation for the mental component of CrossFit training and will motivate you to immediately start setting and achieving your goals. This exciting seminar also includes a work-book and personalized instruction on mental techniques and strategies to develop a winning mindset and an indomitable spirit.



Next Goal Setting Seminar
October 30, 2010, 10:00AM to 1:00PM at CrossFit Monrovia, 143 West Maple Avenue, Monrovia, CA.
E-mail reservation to:
seminars@crossfitamundson.com