

L.I.F.T.

LOADED INTEGRATED FUNCTIONAL TRAINING

“The Most Comprehensive Training Systems that Promises to Dramatically Improve Fitness Potential”

Training systems and certifications are plentiful. It is not hard to find a program to attend, but there are few that can completely change your business and fitness level in one weekend. L.I.F.T. was created by a strength coach, Josh Henkin, to meet the needs and demands of his clients.



Renown Strength Coach, Josh Henkin, has spoken at some of the most prestigious conferences in the U.S.

Ranging from post-rehabilitation to elite athletes, Coach Henkin needed a program that could serve as the basis for any fitness level. Utilizing the concepts and principles laid out in the L.I.F.T. program one can change their client's performance and results, not in weeks, but just hours!

Coach Henkin's L.I.F.T. program is able to deliver such outstanding results because it integrates both sports science and real world applicability to create a total fitness program based on the laboratory and real world training programs.

What Is L.I.F.T.?

L.I.F.T. stands for Loaded Integrated Functional Training. This unique system combines the best of body awareness, strength, and movement ability to deliver unmatched results.

The L.I.F.T. program is based around three high result producing training implements; The Ultimate Sandbag, the Jungle Gym, and Strength Bands.



Coach Henkin's Ultimate Sandbag has transformed the industry's view on sandbag training.

These three implements create a powerful synergistic effect that will astound you with both their challenge, fun, and level of effectiveness. Don't miss the opportunity to be a part of the most exciting and dynamic new certification program!

Where: Sweden, Motala

When: September 5,6

Cost: 4900 SEK (~470 euro)

Pre reg. before May 31 free Sandbag and Junglegym

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