



### 1 LOOKING FIT ≠ FEELING GOOD

Many people who train regularly and look fit still suffer **pain and stiffness**. Many have lost the full mobility of joints.

KLT **corrects imbalances** and mobility loss by facilitating force production and smooth full-body integrated **human movement in three dimensions**.

### 3 STATIC ≠ STABLE

Walk into practically any gym and notice how many people sit down and lie down whilst exercising - typically **relying on external supports** such as seats and benches. This is **false stability**.

KLT performs all resistance training exercise without the assistance of seats and benches - so the body demonstrates **authentic stability** through the essential utilisation of our **built-in internal stabilisers**.

- ✓ Develop a deep understanding of this unique and highly efficient approach to **functional strength training**.
- ✓ Explore the **natural, holistic biomechanics of the human body** and the incredibly integrated manner in which the body has been designed to move.
- ✓ Utilise a sports physiotherapy approach to full body **movement strength and control**.

### 2 EXERCISING ≠ IMPROVING

Gym training rarely respects the kinetic link principle and commonly attempts to **dumb down** the body into isolated segments - taking **a reductionist view** of the complexities of human motion.

KLT introduces full body exercises that totally respect cooperation between **inter-related** body regions in an **intelligent** manner. This is a 21st century **integrated** view of movement.

### 4 FATIGUED ≠ RESULTS

Popular training routines touted as, "functional" are sadly creating injuries and musculoskeletal imbalances - so they are actually **quite dysfunctional**. Individuals' goals are often focussed on 'more-reps' or 'higher-load' with an aim to simply **bring a client to exhaustion**.

KLT respects that there is a huge difference between 'making someone fatigued' and **improving health**, performance & overall function. **KLT delivers great results safely**.

**LEARN MORE**  
[www.KLT.fitness](http://www.KLT.fitness)

**Guaranteed to revolutionise your approach to functional strength training.**

Kinetic Link Training has been studied by 1000s of enthusiastic health & fitness professionals worldwide since 2010. The KLT functional strength training system can be utilised across all levels of athletic ability - from clients requiring low level rehabilitation or those seeking efficient and long lasting wellbeing results to elite athletes looking for improvement in sports performance.