



"No Retreat, No Surrender"

Weekend Training Getaway

Feel like a nice little weekend getaway to start your summer out right? We have just the plan for you. Think of it as a nice, peaceful, relaxing retreat in the north woods...**Caveman Style**. One of our Certified Caveman Training® Instructors has been kind enough to lend us the use of his property located approximately eight and a half hours north of the Twin Cities. Yes, we are going to Canada! The property is a pristine piece of land situated among many lakes with the nearest township over a half hour away.

This will not be your "run of the mill" weekend getaway to the north woods. This will be a two day, in your face, **ass kicking** like you have never experienced before. All participants will be sleeping in their own tents, using a common outhouse and preparing their own food. There is electricity but no showers. We will be using a nearby lake to clean up. So man up, get your Caveman On and sign up today!

Schedule

Friday, July 10th
1200-2100 Road Trip to Canada



Saturday July 11th
0700-0800 "Parkour Style" Run
0800-0900 Breakfast
0900-1030 Striking
1030-1200 Multiple Attacker
1200-1300 Lunch
1300-1400 Nutrition Lecture
1400-1530 Kettlebell
1530-1600 Afternoon Run
1600-1700 Caveman Training®
1700-1800 Dinner

Sunday, July 12th
0700-0800 "Parkour Style" Run
0800-0900 Breakfast
0900-1000 Kettlebell
1000-1100 Striking
1100-1200 Caveman Training®
1200-2100 Road trip Home

Open to all levels and abilities*

When:
Friday, July 10th thru Sunday, July 12th

Where:
20 miles from the Northern Ontario Township of Kenora, Ontario, Canada, in the Lake of the Woods region

Cost:
API Members \$150 (USD)
Non-API Members \$175 (USD)
Couple Rate \$275

To sign up:
www.apitrainingcenter.biz

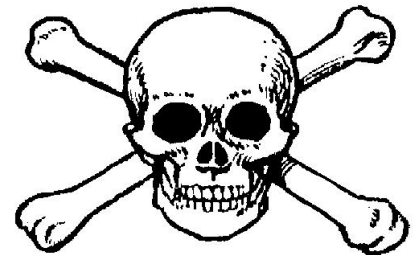
Questions:
612-741-0431
scott@athleticperformanceinc.biz

Participant Brings

- Shelter
- Clothing
- Food
- Sparring Gloves (recommended)
- Life Jacket (recommended)
- Multiple Pairs of Shoes
- Necessary Toiletries
- Bug Spray
- **Passport**
- A willingness to withstand pain!

API Provides

- Training Equipment
- Weekend full of Ass Kickery



API

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* Must be 16 years of age or older to participate. If under 18, participant must be accompanied by a parent or guardian. Children are welcomed but must be supervised at all times.