



[getstudiofit.com](http://getstudiofit.com) | [support@getstudiofit.com](mailto:support@getstudiofit.com) | 805-776-3676

## Strength for Balance Program

Every exercise in this program can be modified to be at the appropriate level for you. Either by a regression that makes it easier or a progression to make it harder.

An example of this is with the push up. The image shows a standard floor push up. To regress this exercise take and put your hands on a table or even the wall for an appropriate level challenge. We call this a mechanical advantage and it allows your body and strength to develop and progress.

I encourage you to contact us at Studio Fitness with any questions. It's our mission to help you get stronger and feel better.

TAKE ACTION & HAVE FUN,

A handwritten signature in black ink, appearing to read "Greg Finch", written over a thin horizontal line.

Greg Finch  
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