



# elemental fitness clinic

## July 29 & 30



**Chris Bathke  
of Elemental  
Fitness Lab  
hosts a weekend  
of fitness, fun, &  
training events,**

**raising money  
for the Boys  
& Girls Clubs**



**BOYS & GIRLS CLUBS  
OF PORTLAND METROPOLITAN AREA**

**Saturday Morning!  
Elemental Fitness Clinic  
July 30th 8am-12pm**

A one of a kind opportunity in Portland!  
Come learn from some of the best in the  
fitness industry at the Elemental Fitness  
Clinic! The Clinic will be a mix of hands on  
and discussion that will have you or your  
clients moving better, training harder, and  
getting better results!

Register @ [elementalfitnesslab.com](http://elementalfitnesslab.com)

**Friday Night!  
Grand Opening Party  
July 29th 5pm-8pm**

Join us at EFL for an evening of delicious  
food, drink, and good company. Get to  
know the presenters for Saturday's EFL  
Clinic, and maybe lift some heavy things  
and play around on the monkey bars!

EFL Members, please invite your family,  
friends, & colleagues so that they can  
understand your exercise antics!

RSVP to [chris@elementalfitnesslab.com](mailto:chris@elementalfitnesslab.com)

Register now @  
[elementalfitnesslab.com](http://elementalfitnesslab.com)

Only 30 spots  
available!

Sign up today!

**Only \$50**

Proceeds  
donated to the  
Portland chapter  
of the Boys &  
Girls Clubs



**BOYS & GIRLS CLUBS  
OF PORTLAND METROPOLITAN AREA**

## The Presenters



**Robert Dos Remedios**  
MS, CSCS. Author of Cardio Strength Training, Power Training, & Men's Health contributor. NSCA Strength Coach of the year 2006. Head Strength and

Conditioning Coach at College of the Canyons in Santa Clarita CA.



**Dewey Nielson, CSCS**  
Owner of Impact Performance Training, where he coaches everyone, from the general public to high level athletes to martial artists. Dewey is

a regular contributor to Strengthcoach.com and Fitnessanywhere.com



**Chris Bathke, MA**  
CSCS. Owner of Elemental Fitness Lab. Certified with the IKFF and WKC as a kettlebell coach. A fitness coach specializing in body

composition and performance improvement, Chris is a regular contributor to Men's Health, Men's Health UK, TMuscle.com, and Oregonhealthylife.com



**Galya Ivanova Denzel**  
MA, NSCA-CPT, Bulgarian Sports Academy CPT, fitness, nutrition, food, & cookbook writer. While she specializes in training

& nutrition solutions for fat loss, postnatal recovery, diabetes, & general health, Galya believes that your training & nutrition should enhance personal happiness and quality of life.



**Roland Denzel**  
IKFF-CKT. A kettlebell instructor, a fitness, nutrition, and food blogger, and a formerly fat guy who teaches others to take it off and

keep it off.



# Saturday, July 30th

## 8am-12pm

The only educational opportunity of its kind in Portland! Come learn from some of the best practitioners in the fitness field at the Elemental Fitness Clinic.

Both lecture and hands-on, so be prepared to exercise! Bring a notebook to take notes, water, towel and clothes for training.

8a **Galya Ivanova & Roland Denzel, Mobility and Stability in Nutrition Programming**—Developing flexible nutrition strategies.

Bulletproofing tools to rescue your nutrition plans!

9a **Dewey Nielsen, Corrective work for Combat Athletes**—In this talk Dewey will present strategies for preventing and fixing common dysfunctions/injuries among fighters and other athletes. Many of these exercises can also be applied to the non-fighters among us!

10a **Chris Bathke, Concepts of Movement Efficiency as Applied to Kettlebells**—This hands-on portion will cover concepts of movement efficiency applicable to sports and daily activities through practicing specific kettlebell lifting techniques.

11a **Robert Dos Remedios, DOSercise! Cardio Strength Training Applied**—2 things

guaranteed with Dos: You'll learn exercises you've probably never done, and you will **DO WORK!** Dos is known for his ability to make good athletes even better, and get *anyone* more fit. Experience some of the most effective training strategies out there!

Where: Elemental Fitness Lab. 11 NE Hancock St., Portland, OR 97212. One block north of Broadway on N. Williams Ave. and walking distance to the Rose Garden and the downtown waterfront.

**Only \$50**

Proceeds donated to the Portland chapter of the Boys & Girls Clubs



BOYS & GIRLS CLUBS  
OF PORTLAND METROPOLITAN AREA

**Only 30 spots available!**

**Sign up today!**

[elementalfitnesslab.com](http://elementalfitnesslab.com)

**Remember to RSVP email your RSVP for the Friday night Grand Opening Party!**