



October Promotion by Alexander Method, Inc
Max Calorie Concept2 Ski Erg

Ski and WIN!!!

**Dominate your competition and win a
VO2 Max Assessment
(\$175 value)**

Check details on back of this flyer.

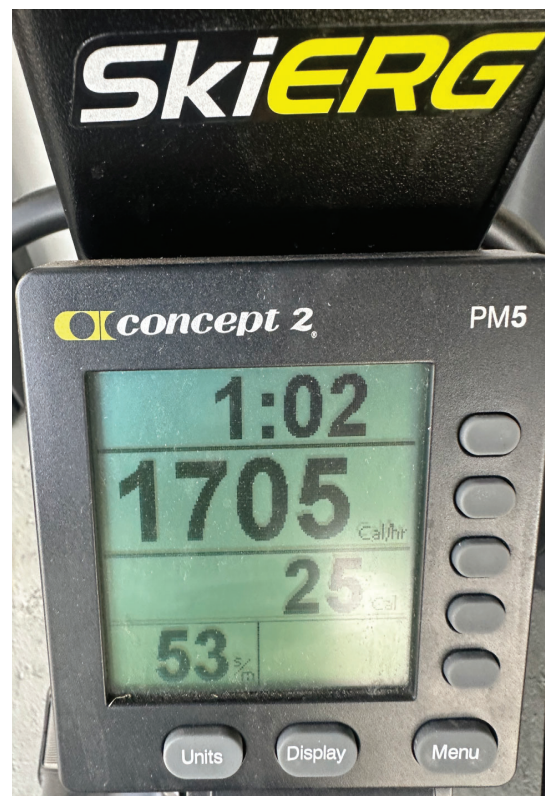
Promotion runs October 1st to 31st, 2024.



Details for October Promotion

1. Press "Menu/Back"
2. Press button the the right of "Just Ski" (top right)
3. If "cal/hr" is not visible on second row, press the "Units" button (bottom left) until it is
4. All numbers should show "0" when you begin
5. Ski for EXACTLY 60 seconds
6. Take a picture like the one at right before the timer shows 1:05 (any photos with more than 64 seconds on the timer will be disqualified)
7. Text the photo to the number below

949-456-2571



Multiple entries into drawing are encouraged. (Send us a pic each week or even more often...no limit!)

All entries will be entered into a drawing to be held and posted online on November 1st. Winner of drawing will be notified with details for setting appointment to conduct the active metabolic assessment.

Top calories entry will also win a complimentary assessment. (GO HARD and win!!)

Phone: 949-456-2571

Send your Pic HERE

Have any questions related to this promotion or something else entirely?

Contact Jeff Alexander through text, phone, or email at right. He is here to assist you in boosting your metabolism to more effectively reach and maintain your fitness goals.

Learn not only what the assessment shows but also what to do differently in your training to maximize your results!

Phone: 949-456-2571

Jeff's Email: coach@alexandermethodinc.com

Web: alexandermethodinc.com