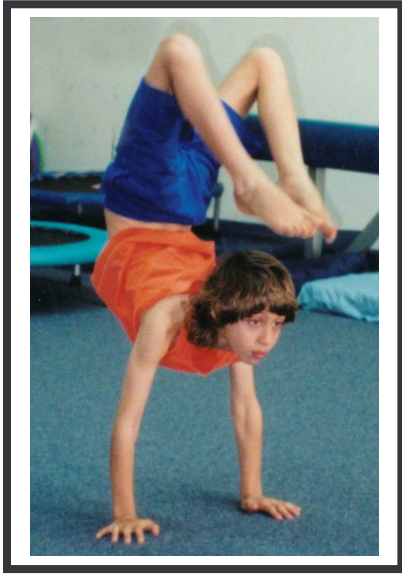
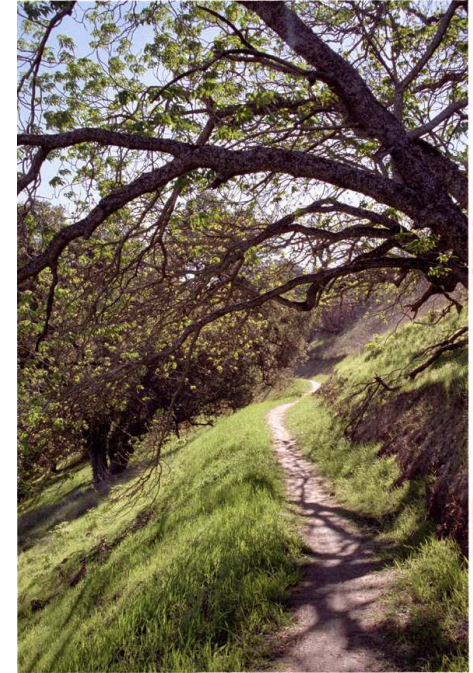


***Do Sugi Fitness,
Use Skill Power Not Will Power.™***



***"Replace effort with skill
and you will continue improving
for the rest of your life."***

Ofer Erez
Sugi Fitness Founder



Complete Fitness
Without Effort™

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Pleasant Hill



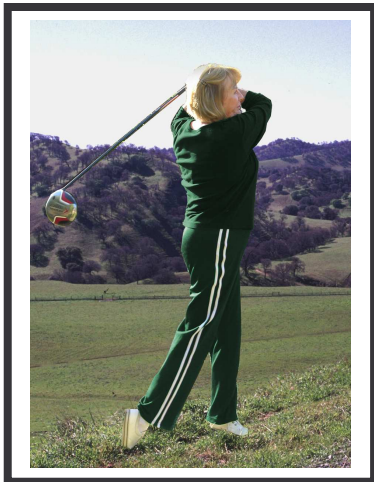
What is Sugi Fitness™?

Sugi Fitness is a method of complete fitness without effort. Your Sugi Fitness trainer will teach you techniques for effortless gains in strength, stamina and flexibility to reach all of your fitness goals.

The Sugi Fitness philosophy is the complete opposite of “no pain, no gain.” Inflicting pain on yourself while you exercise is not useful. Instead of being exhausted and drained at the end of your workout, you will be recharged and rejuvenated.

In Sugi Fitness, you’ll learn the Sugi Attitude™ and the 7 Aspects of Fitness™.

The Sugi Attitude is a mind-set through which you can achieve more benefit with less effort by working from a place of comfort and ease. In fact, the focus is on reducing or eliminating the pain you may have come to accept as a consequence of exercising, living and aging.



7 Aspects of Fitness™

1. **Strength** – The 3 Set System™ is a strengthening system that uses three sets of repetitions for each exercise. The number of repetitions for each set is determined through a proprietary formula developed by Ofer Erez.

2. **Flexibility** – Flexibility is achieved through 5 methods: Pressures, Compressions, Movement Restoration, Refining Coordination, MUD (movement in “useless” directions).



3. **Stamina** – Increasing stamina by maintaining ease of action throughout the entire activity.

4. **Breathing** – Sugi exercises designed to increase lung capacity and to regain the natural flow of the breathing mechanism.

5. **Balance** – Sugi exercises based on the properties of dynamic balance systems.

6. **Coordination** – Uses exercises and processes designed to increase the internal coordination of all skeletal muscles for a more efficient, safe movement and function.

7. **Agility** – A unique way of developing agility that is designed to protect and heal the joints.

How will Sugi Fitness benefit me?

- Increase strength and flexibility
- Reduce stiffness and discomfort
- Improve balance and coordination
- Restore lost mobility
- Increase range of motion
- Create healthy breathing habits
- Improve agility and stamina
- Rehabilitate from injury

Who is it useful for?

Sugi Fitness will benefit anyone who wants to have optimal fitness without suffering in the process.

New movement skills and attitudes, better understanding and **proven techniques to enhance any athletic activity.**

Sugi Fitness benefits people who want to improve performance:

Musicians, stage performers, dancers, and speakers. As well as **anyone who wants to bring back abilities** lost through injury, illness or the aging process.

Who created Sugi Fitness™?

Sugi Fitness was created by Ofer Erez. After serving in the military, Ofer devised a system of exercises to maintain his own fitness. He found that in only 16 minutes, 3 times a week he improved his strength significantly. He combined this early understanding of fitness with the concepts of Sugi Yoga and expanded the application to all forms of fitness.

