



Get THUMPED™

TWENTYTEN

Australia's Boxing, Kickboxing & Kettlebell Convention,
Sydney Olympic Park

Oct 9th-10th

Welcome to

Get THUMPED TwentyTen!

Australia's Boxing, Kickboxing,
& Kettlebell Convention

Are you ready to step into a new era of
training and development? Join

Australia's best presenters in this 2 day event packed full
of lectures and workshops focusing on all aspects of
combat sports training utilising Kettlebells, TRX, Boxing,
Kickboxing, and Sports Nutrition.

Get THUMPED TwentyTen is aimed at combining the
methods of professional combat sports training with the
principles of functional fitness training which can be
adapted to all levels of fitness and physical capabilities.
All lectures and workshops have been specifically
designed to meet the needs of health and fitness
professionals wanting to provide their clients with the
most up to date and safest training regimes as well as
new insights into sports nutrition and business coaching.

We look forward to seeing you at Sydney Olympic Park
when the industries best come together in what promises
to be an extraordinary event. Proudly presented by
THUMP Training Systems this is one convention you don't
want to miss.

Christian Marchegiani
MANAGING DIRECTOR



**2 Days of intensive
lectures & workshops
focusing on:**

**Kettlebells
TRX
Boxing
Kickboxing
Sports Nutrition**

To register please
visit our website
www.getthumped.com.au



Proudly presented by **THUMP** Training Systems