



Australia's Boxing, Kickboxing, TRX, & Kettlebell Convention

www.getthumped.com.au



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 and Kickboxing, Circuit Training, Business and much more.

In its Second Year, Get THUMPED TwentyEleven 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 & business coaching.

When: 2nd and 3rd July 2011

Where: State Netball & Hockey Centre, Melbourne

When: 22nd and 23rd October 2011

Where: Sydney Olympic Park Sports Centre

Cost: Early bird special \$350

