

FREQUENTLY ASKED QUESTIONS

What is RMAX?

RMAX is a health and fitness publishing firm and international organization founded upon the Circular Strength Training® System.

What is Circular Strength Training (CST)?

CST is a “prehab and post-rehab” approach to health and fitness combining pain-free mobility, dynamic flow yoga and natural athleticism. This approach employs pain-free, injury-free techniques so you can care for your body and prevent damage in the future. CST comprises three wings which can be performed individually or as a complete system to achieve the best possible results.

What is the first wing of CST?

The first wing is Intu-Flow® - a fluid, intuitive harmony of basic movement, structural body alignment and simple breathing to assess and address areas of weakness and vulnerability. It provides:

- Deep relaxation and tension release
- Increased focus and concentration
- Enhanced joint mobility and sensory awareness
- Superior athletic performance

What are the advantages of Intu-Flow?

The approach nourishes connective tissue to “oil the joints” and revive natural abilities and movement.

Does the entire Intu-Flow program need to be completed start-to-finish in one go?

No, it does not. You can choose to finish the program in one session, or spread the Intu-Flow movements into increments completed over chosen periods of time.

What is the second wing of CST?

The second wing of CST is called Prasara Yoga, better known as Six Degrees of Freedom, which uses dynamic flow yoga for a counterbalance to the positions one adopts during daily routines.

The wing specifically addresses areas of the body in need of tension relief, employing yoga without equipment to counteract conditioning, and revitalize one’s daily routine.

The Six Degrees are:

1. Heaving: Moving up and down
2. Swaying: Moving left and right
3. Surging: Moving forward and back
4. Pitching: Tilting up and down
5. Yawing: Turning left and right
6. Rolling: Tilting side to side

How long should a yoga session last?

14-18 minutes is ample time for maximum results.

How often should participants practice Prasara yoga?

2 - 3 times per week.

How is this style different from other forms of yoga?

Most styles of yoga focus on poses called *asana* or breath-linking between poses called *vinyasa*. This yoga incorporates both *asana* and *vinyasa* and focuses on the dynamic flow of movement, called *prasara*.

What is the third wing of CST?

The third wing employs swinging—as opposed to lifting—weights. Swinging weights allows three dimensions of resistance to deliver maximum mobility. The Clubbell® and Mini-Clubbell provide the correct balance of tension on joints and muscles.

What are the advantages of using the Clubbell?

The Clubbell helps to strengthen connective tissues, especially in the back, hips, shoulders, elbows and knees. The tool is virtually indestructible, easy to carry anywhere, and allows for a significantly greater range of movement than traditional weights permit.

Why does the Clubbell feel so heavy?

The displaced center of mass means the Clubbell is challenging to lift, unlike a conventional dumbbell. The Clubbell is designed to be swung instead of lifted, so the center moves mass away from your grip instead of between your fingers.

What is the best weight to start with?

Men who are new to the program should start with two 10-lb Clubbells and/or one 20-lb Clubbell for two-handed work. Women beginning the program should start with two 5-lb Clubbells and/or a single 15-lb Clubbell for two-handed work.

Men with a more advanced level of fitness can start with two 15-lb Clubbells and/or one 35-lb Clubbell for two-handed work; women should use two 10-lb Clubbells and/or one 25-lb Clubbell.

Why are programs that promote prehabilitative exercises so important?

Prehabilitative exercise can prevent joint injuries and reduce joint pain later in life. Avoiding dangerous strains is important because these injuries can permanently damage joints and connective tissue.

Who can benefit from CST?

People of all ages and at all levels of fitness will benefit from CST—teenagers and young adults who play sports and stay physically fit and want to prevent future injuries and pain; baby boomers who suffer from arthritis and pain and want to enter their golden years free of pain; and the elderly who want an improved quality of life with reduced pain and enhanced freedom of movement.

Where is CST taught? How can I take classes?

CST is offered by certified trainers at gyms, fitness/athletic centers throughout the United States and around the world. CST can be practiced at home, too, with RMAX's easy to use DVDs, videos, and books. A list of trainers and facilities offering CST is available at www.RMAXInternational.com.

Who founded RMAX?

RMAX, a publishing firm which expanded into an international health and fitness community organization, was founded by Scott Sonnon, RMAX's Chief Operating Officer. Coach Sonnon is a multiple-time USA National Team Coach and International Martial Arts Champion, Hall of Fame Inductee, and author of numerous popular health-related books and articles. He has developed more than 50 video programs geared to giving followers a healthier mind, body and spirit.

Why was RMAX founded?

After a lifetime of physical wear and tear on his body, Coach Sonnon resolved to formulate a system to help his own body revert to its healthiest state. He realized that a system based on preventative health concepts hadn't been offered before. Before Scott Sonnon, no one had pioneered prehabilitative fitness, which is based upon improving fitness through greater health, rather than fitness at the expense of health. Thus, RMAX was born.

Where are RMAX products and programs found?

All RMAX products, programs and information can be researched and purchased at www.RMAXInternational.com.

