

# FACT SHEET

RMAX is an international health and fitness organization and publishing company offering programs and products designed around the *Health First and Forever* philosophy through an innovative approach called Circular Strength Training®.

## **Circular Strength Training (CST)**

CST focuses on “prehab and post-rehab”, and consists of pain-free mobility, dynamic flow yoga, and natural athleticism.

The three wings of the CST system can be performed individually, or as a complete program to achieve the best possible results.

### **Wing 1: Intu-Flow® Mobility Wellness**

This flowing, intuitive harmony of simple movement, structural body alignment, and simple breathing, assesses and addresses areas of weakness. Intu-Flow brings needed nutrition to connective tissue to “oil the joints”, and revive natural abilities and movement. Intu-Flow provides:

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

### **Wing 2: Prasara Yoga (Six Degrees of Freedom)**

Prasara provides counterbalance to the body through dynamic flow, thus compensating for positions adopted during daily routines or prior activities.

Prasara Yoga’s Six Degrees of Freedom 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

### **Wing 3: Clubbell® Athletics (Swinging Weights)**

Use of RMAX’s patented “weighted bats” breaks up restrictive adhesions and calcium deposits around joints, releases bound tension, generates energy and vitality, increases bone density, and prevents injury. Clubbell Athletics:

- Advocates swinging moderate weights instead of lifting heavy weights
- Provides three types of resistance
- Delivers maximum balance of mobility and stability
- Corrects balance of tension on joints and muscles

## **Founder and COO**

Scott Sonnon

- Distinguished Master of Sport
- USA National Sambo Team Coach
- USA Police Team Coach
- International Martial Arts Champion (Sambo and Sanshou)

## **Location**

Atlanta, Georgia USA

## **Web site**

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