

O.S.T. **ONLY** **STRENGTH** **TRAINING**

Exercise for Health

**“There is no system or technology
which removes the
necessity for good, old-fashioned,
hard work”**

- Henry Ford

**A quality, efficient, and professional
program which produces results for
our clients.**

Numerous studies have shown that **sensible** strength training produces many **health** and **fitness benefits**. Strength training is an effective means of increasing **physical** capacity, improving athletic performance, functional living performance, **reducing injury** risk, improving **self confidence** while slowing and reversing aging.

The Benefits of Strength Training

1. Reduce the negative effects of stress
2. Improve muscle size and strength
3. Improve cardiovascular endurance
4. Increase bone density
5. Elevate resting metabolic rate (burn more fat)
6. Improved body composition
7. Improve blood cholesterol and triglyceride ratios
8. Increase your flexibility
9. Decrease your injury risk
10. Reduce arthritic discomfort
11. Reduce back pain and associated disability
12. Improve self confidence and mental outlook with the satisfaction of completing challenging OST training sessions.

Programs and Services Offered

One on One Functional Strength Training Circuit

- Guaranteed fitness results in 8 weeks
- Safe, efficient, effective exercise
- 20-30 minutes, 2 times per week

Sports and Athletic Strength and Conditioning

- Our specialty (over 20 years experience)
- 30- 60 minutes, 2 times per week
- Sports skill training as a separate option

Back in Line Program

- Reduce pain
- Improve strength and range of motion (flexibility)

Sports Specific Golf Conditioning

- Strength and flexibility for great golf
- Drive farther
- Prevent injuries and stay healthier

Senior Fitness and Training Program

- Reverse the aging process by ten years
- Improve mobility and strength
- Increase bone density
- Maintain independent living

The Dancer's Protocol

- Specific exercises for strengthening and FLEXIBILITY
- Eliminate aches and pains associated with over use or repetitive motion injuries
- Emphasizes postural and core stabilization

Weight Management

- In association with a Registered Dietician
- Multi disciplinary approach

Post Rehabilitative Strength Training

- Common sense training for orthopedic recovery and function

Call to schedule TWO, free training sessions-with no obligation!

Only **STRENGTH Training**
109 E. 1st Street
Mishawaka, IN 46544
574-255-3674/ 340-0663
fsevera@onlystrengthtraining.com

Read what OST clients have to say about their experience training with OST:

"I really enjoy the OST program as it is personally tailored to start with your individual physical capabilities and builds from there, to be able to see results from workout to workout is very gratifying. The individual training and interaction you get during each workout makes them something to look forward to"

- Larry R., C.P.A.

"As a client of OST I not only found myself in better physical condition, but I also developed a positive mindset towards improving my health. Frank Severa, brings with him (not only) exceptional credentials and knowledge of strength training, but is very well focused on the client during the workout. He knows when you are ready to progress and motivates you to advance to the next level. I was also able to continue a modified version of my workout at home. As a woman I wasn't looking for a muscleman build and I was pleased to find myself looking hard and not bulky. OST offers a great workout for the body and the mind"

- Pam F., Retail Manager/ Homemaker

"I am a loyal client of OST for two and a half years, including training through most of my pregnancy. Frank Severa always provides a safe full- body workout that is never the same. I was never bored. Yes, it is hard and painful at times and he is tough- but that's how I lost inches and got my results. I improved my strength, flexibility, and improved my energy levels. He always kept me motivated, while teaching me about what true and proper exercise technique really is"

- Eileen M., Dental Hygienist

"I must (grudgingly) give OST and Frank Severa an A+++ for his training regimens. The grudging part is of course because most people don't like working out. However, the results are great and you cannot beat the one-on-one training experience. Inches lost, muscle built, and endurance gained!!!"

- Mary F., Office Manager

"As an athlete, I found OST to be the BEST training program I could possibly participate in. I did my workout in thirty minutes, got stronger, more powerful, improved my flexibility, and my endurance improved immensely. I thought I knew what hard training was- until I started training with Frank Severa. My performance improved and I (for the first time) never got injured."

-Mark R., College Football Player

"The services I received from OST were remarkable. The one-on-one individualized workouts met my needs for building and maintaining a stronger and healthier body. My regular attendance of 30 minutes 1-2 times a week paid off in HUGE health dividends. Not only did I increase my strength, but there were significant improvements in my flexibility, and in my cardio respiratory and muscular endurance"

- Lisa H., Physical Education Teacher