



# BEASTANETICS

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Thank you for your interest in hosting a **Beastanetics Workshop**. Should you have any questions, don't hesitate to contact Tim Haft at **646-263-9128** or [tim@timhaft.com](mailto:tim@timhaft.com).

## What's Beastanetics?

Created in 2009, Beastanetics is an 8-week high-intensity, interval-training program that can be conducted indoors or out. Beastanetics utilizes more than 150 tried and true bodyweight exercises and a unique and well-tested 24:16 work to rest ratio to improve cardiovascular conditioning, strength, agility, speed, power, and mental toughness.

## Workshop Basics

- The Beastanetics Workshop lasts 2 days and is roughly 12 hours long.
- The workshop maximum is 20 (assuming a space of at least 1500 square feet).
- The workshop minimum is determined on a case-by-case basis.
- We will provide you with an electronic flyer to help promote the workshop.
- Registration fee is \$299 per person or the host facility can purchase all 20 slots for a discounted flat fee of \$3,000 plus reasonable travel expenses for the presenters.
- Those who want to launch a Beastanetics class must submit a video demonstrating their ability to successfully teach all the elements of Beastanetics.
- Post-certification, there are no maintenance fees for instructors or licensing fees for clubs and facilities offering the class.

## Registrants Receive:

- Indoor and Outdoor Beastanetics Manuals (E-books)
- Wrist Coach
- Class cheat sheets

## Host Responsibilities:

- To enthusiastically promote the workshop to staff
- To provide a workout space of at least 1500 sq ft (**if smaller, please call to discuss**)
- To provide a sound system, which accepts a wireless microphone

## Next Steps

If you'd like to host a Beastanetics Workshop, please complete the form below and email it to [tim@timhaft.com](mailto:tim@timhaft.com). Upon receipt, we'll give you a call to discuss.

<b>Facility name</b>	
<b>Facility address</b>	
<b>Number of trainers/instructors at your facility</b>	
<b>Square footage of studio/gym (If less than 1500 sq ft call to discuss)</b>	
<b>Do you have a sound system, which accepts a wireless mic?</b>	
<b>Is your facility accessible by public transportation?</b>	
<b>Contact person</b>	
<b>Phone</b>	
<b>Email</b>	
<b>Registration preference (per person or flat fee)</b>	