# LVL3 CLASS UPDATE

LVL3 (STRENGTH & GLUTE + CORE) CLASSES HAVE NOW CHANGED TO LVL3 OPEN REFORMER

LEVEL 3 CLASSES WILL INCLUDE ELEMENTS FROM STRENGTH AND GLUTE + CORE CLASSES.

TARGETING THE ENTIRE BODY,
THESE CLASSES WILL ALLOW
YOU TO BUILD ON THE SKILLS
DEVELOPED IN LVL'S 1 & 2,
ENSURING A SEAMLESS AND
SUSTAINED PROGRESSION
THROUGH ALL CLASS TYPES

@4ME\_AUS

# Te W Trans Lvl3 Strength In Nos Algebra

Christian G. Meyer

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