

JULY 2023

OPS NEWS

The official business newsletter of Optimum Performance Studio



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ANIMAL
FLOW

*Paene non vivere vitam
Loren volis Prae amore
ostendit mihi Perge, quere
lectiores huius et sequentes*

SEP 23-24

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NASM Articles & Podcasts



Free!!!

Stay AHEAD of the game



Dollar falls further against the Euro as uncertainty looms.

Written by John Smith
Aliquam pharetra et libero in venenatis. Vivamus sodales ultrices neque, nec pharetra urna nteger placerat.

It's not a crisis but it's a situation we didn't prepare for.

Further forest fires in Spain

Mauris urna ipsum, ullamcorper vehicula nunc. Etiam vel magna ullamcorper euismod varius. Cras vitae tempor du. Vivamus lacinia nunc a nisi condimentum, sit amet accumsan dolor aliquet. Morbi at velit diam. Curabitur a

The 10% of our brains myth

By Lauren Carter

Aliquam pharetra et libero in venenatis. Vivamus sodales ultrices neque, nec pharetra urna, sed nunc vel nisi interdum condimentum quis. Morbi in aliquam ligula. Ut integer placerat libero in lectus commodo, vitae aliquet enim faucibus. Quisque at efficitur mauris. Aenean efficitur malesuada sem id molestie. exera si untiomeseque plita nis



Photo: Frankfurt Skyline. Photo credit: James Smith

Davidson opens-minded about new HQ.

Del, consetetur adipiscing elit. Cras ultrices mauris. Vivamus lacina. Pellentesque habitant morbi tristique senectus et netus et malesuada fames ac turpis egestas. Vestibulum ante ipsum primis in faucibus orci luctus et ultrices posuere cubilia Curae; Donec velit neque auctor augue mauris augue nullam quis hendrerit dolor magna nibh dolor pede mollis nullam molestie nibh in tellus pellentesque dui. Ut suscipit tellus mauris a diam nunc sollicitudin. Sed ut perspiciatis unde omnis iste natus error sit voluptatem accusantium doloremque laudantium, totam rem aperiam, eaque ipsa quae ab illo inventore veritatis et quasi architecto beatae vitae dicta sunt explicabo. Nemo enim ipsam voluptatem quia voluptas sit aspernatur aut odit aut fugit, sed quia consequuntur magni dolores eos qui ratione voluptatem sequi nesciunt. Neque porro quisquam est, qui dolorem ipsum quia dolor sit amet, consectetur, elit qui amet, nesciunt id quod est suscipit. Tunc accumsan dolor aliquet. Morbi at velit diam. Curabitur a

As a Certified Personal Trainer it is your responsibility to stay in the KNOW.

The NASM articles published twice weekly, are a very useful resource for any Personal Trainer or fitness enthusiast.

**THE NUMBER 1 PERSONAL
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IN THE HEART
OF CENTRAL



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A tattooed man is performing a handstand against a black background. He is wearing a dark t-shirt and shorts. The image is partially obscured by a semi-transparent dark blue rectangle that contains the text 'LIVE EDUCATION'. The man's arms and legs are visible, showing extensive tattoos. The overall aesthetic is modern and athletic.

LIVE EDUCATION

*You're
Invited!*

CONTACT



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