

# A POWER BOOST TO YOUR DAILY WORKOUT


**S**triking – The Path to Power is a high-octane boost to your cardio and strength performance. Instructor Dr Mike Binet (PT, DPT, CFMT), has combined his competitive martial arts experience with elite-level study in physical therapy to produce something new – a program of high-intensity striking exploding from a base in the science of optimal physical performance.

Establish your foundation for maximal speed and power through resistance-based core stabilization. Train your body to harness this core stability and evolve to a new potential for producing usable power.

Building on your “preparatory core contraction”, learn to safely transmit power through effective punching and kicking techniques. Jump to the next level with fun, exciting movement and striking combinations. Now, expand the benefit of your new power to build performance in any area you choose – cricket, football, badminton, etc.

Dr Mike Binet built a thriving patient base in Denver, Colorado, the most competitive market for athletics-based physical therapy in the United States. Now, he invests this powerful base of experience for successfully building strong bodies in Delhi’s arena of high-energy fitness — a world-class doctor of physical therapy personally investing in your ability to optimize performance.

This is the competitive edge... for men aiming to tap a new power potential, and for women prepared to own strength!



DR MIKE BINET  
(PT, DPT, CFMT),  
who has over 20 years  
of experience in competitive  
martial arts, is a Certified  
Functional Manual  
Therapist  
at VARDAN

VARDAN  
live efficient

ADRENALINE

The action begins 11th March. Space in this two-month program is limited. Call now and reserve your spot on the floor! To register for STRIKING, SMS VFMT to 58888 Or, call 011-43580720-22 (9am-6pm, Mon-Sat)

Or, email [vardan@timesgroup.com](mailto:vardan@timesgroup.com)/log on to [www.vardan.in](http://www.vardan.in) Add: 16-A, Ring Road, Lajpat Nagar-IV, New Delhi-110024

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